

THE
WORKS
OF
ARISTOTLE,

The FAMOUS PHILOSOPHER.

IN FOUR PARTS.

CONTAINING

- I. His COMPLETE MASTER-PIECE; displaying the Secrets of Nature in the Generation of Man. To which is added The FAMILY PHYSICIAN, being approved Remedies for the several Distempers incident to the Human Body.
- II. His EXPERIENCED MIDWIFE; absolutely necessary for Surgeons, Midwives, Nurses, and Child-bearing Women.
- III. His BOOK OF PROBLEMS: containing various Questions and Answers, relative to the State of Man's Body.
- IV. His LAST LEGACY; unfolding the Secrets of Nature respecting the Generation of Man.

A CORRECT EDITION.

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TO THE
R E A D E R.

TO say that Aristotle, the learned Author of the following sheets, was reported to be the most learned philosopher in the world, is no more than what every intelligent person already knows; nor can any think otherwise, who will give themselves time to consider that he was the scholar of Plato (the wisest philosopher of his time) and under whom Aristotle profited so much, that he was chosen by King Philip of Macedon as the most worthy and proper person in his dominions to be tutor to his son Alexander, by whose wise precepts and instructions Alexander became master of so great wisdom, judgment, prowess, and magnanimity, that he justly obtained the title of the Great. Alexander himself was so sensible of the advantage he received from the instructions of so great a Stagirite, (for so Aristotle was called from the country of Stagira, where he was born) that he often declared he was more beholden to his tutor Aristotle for the cultivation of his mind, than to Philip his father for the kingdom of Macedon.

Though Aristotle applied himself to the investigation of the secrets of Nature, yet he was pleased to bring into a fuller and more true light those secrets with respect to the generation of man. This he stiled his MASTER-PIECE; and in this he has made so thorough a search, that he has as it were turned Nature inside out.

The divine records assure us, that the secrets of Nature have been the study of divers illustrious persons, equally renowned for wisdom and goodness; the first of whom, Job, has made it sufficiently evident by that excellent philosophical account he gives of the generation of man, in the tenth chapter of the book which bears his name, where he says, "Thine hands have made me, and fashioned me together round about: Thou hast poured me out as milk, and curdled me like cheese: Thou hast

“ clothed me with skin and flesh, and hast fenced me with bones and sinews.” David, one of the greatest kings of Israel, whose piety was superior to his power, being peculiarly stiled a man after God’s own heart, says, in his divine soliloquies to his Creator, “ Thou hast covered me in my mother’s womb; I will praise thee, for I am fearfully and wonderfully made: Marvellous are thy works, and that my soul knoweth right well. My substance was not hid from thee when I was in secret, and curiously wrought in the lowest parts of the earth: Thine eye did see my substance, yet being imperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.”

Let the words of holy Job and those of David be put together, and I will not scruple to affirm, that they make the most accurate system of philosophy respecting the generation of man that has ever yet been penned; therefore why should not the mysteries of nature be inquired into without censure, since, from this enquiry, so much praise resounds to the God of Nature! For, the more we know of his works, the more our hearts will be inclined to praise him, as we see in the instance of David above mentioned.

That the knowledge of the secrets of Nature is too often abused by many persons, I readily grant; and think it very unfortunate that there should be a generation of such profligate persons in the world; but at the same time do aver that this is no objection to this work.

Having said thus much of the wonderful works of Nature in the generation of man, I shall next proceed to give the reader the best translation possible of that excellent Treatise of the renowned Aristotle, which he was pleased to stile his MASTER-PIECE.

I cannot help observing, that having met with a collection of approved Receipts by the great Hippocrates, and thinking they would be very acceptable to my readers, I have added the same, by way of Supplement, at the end of the MASTER-PIECE.



Aristotle's

Aristotle's MASTER-PIECE.

P A R T I.

The Secrets of Nature displayed.

I N T R O D U C T I O N.

IT is strange to see how things are slighted only because they are common, tho' in themselves worthy of the most serious consideration; this is the very case of the subject I am now treating of. What is more common than the begetting of children? And what is more wonderful than the plastic power of Nature, by which children are formed. For tho' there be radicated in the very nature of all creatures, a propension, which leads them to produce the image of themselves, yet how these images are produced after those propensions are satisfied, is only known to those who trace the secret meanders of Nature in her private chambers, to those dark recesses of the womb, where this embryo receives formation. The original of which proceeds from the divine command—*Increase and multiply*. The natural inclination and propensity of both sexes to each other, with the plastic power of Nature, is only the energy of the first blessing, which to this day upholds the species of mankind in the world.

Now since philosophy informs us, that *Nosce teipsum*, is one of the first lessons a man ought to learn; it cannot surely be accounted an useless piece of knowledge for a man to be acquainted with the cause of his own being, or by what secret power of nature it was, that coagulated milk (as a divine author calls it) came to be, substantiated into a human body. The explanation of this mystery, and the unfolding the plastic power of nature, in the secret workings of generation and the formation of the seed in the womb, is the subject of the following Treatise; a subject so necessary to be known to the female sex, that

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many for want of this knowledge have perished with the fruit of their womb also: who, had they but understood the secrets of generation, which are displayed in this Treatise, might have been still living. For the sake of such, I have compiled this work, which I have divided into two parts in the following manner :

1st, I will shew that Nature need not be ashamed of her work ; and give a particular description of the parts or organs of generation in man, and afterwards in woman ; and then shew the use of these parts in the act of coition ; and how positively nature has adapted them to the end for which she ordained them.

2dly, I will point out the prohibition or restriction, that the Creator of all things and Lord of Nature has put upon man by the institution of marriage ; with the advantage it brings to mankind.

3dly, I shall shew when either sex may enter into a married state, and be fit to answer the end of the creation, &c.

4thly, I shall discourse of virginity, and therein shew what it is, how it is known, by what means it may be lost, and how a person may know that it is so.

In the second part, which chiefly relates to married women, and the preservation of the Fruit of the Womb, for the Propagation of mankind to the world, I shall shew.

1st, What conception is : what is pre-requisite thereunto : how a woman may know when she hath conceived, and whether a boy or girl.

2dly, Show how a woman that has conceived ought to order herself.

3dly, Shew what a woman ought to do that is near the time of her delivery, and how she ought to be assisted.

4thly, I shall shew what are the obstructions of conception, and therein discourse largely about barrenness, and shew what are the causes and cure thereof, both in men and women.

5thly, Direct mid-wives how they shall assist women in the time of their lying-in : bringing several other material matters proper to be spoken of under each of these several heads ; which will sufficiently render this book what Aristotle designed it, his COMPLEAT MASTER-PIECE.

CHAP.

C H A P. I.

A particular Description of the Parts and Instruments of Generation, both in Men and Women.

SECT. I. *Of the instruments of generation in men, with a particular description thereof.*

THOUGH the instruments; or parts of generation in all creatures, with respect to their outward form, are not perhaps the more comely; yet, in compensation of that, Nature has put upon them a more abundant and far greater honour than on other parts, in ordaining them to be the means by which every Species of Being is continued from one generation to another. And therefore, though a man or woman were, through the bounty of Nature, endowed with angelick countenances, and the most exact symmetry and proportion of parts that concurred together to the making up of the most perfect beauty, yet, if they were defective in the instruments of generation, they would not, for all their beauty, be acceptable to either of the other sex; because they would be thereby rendered incapable of satisfying the natural propensions which every one finds in himself. And, therefore, since it is our duty to be acquainted with ourselves, and to search out the wonders of God in nature, I need not make any apology for anatomizing the secret parts of generation.

The organ of generation in man, Nature has placed obvious to the sight, and is called the yard; and because hanging without the belly, is called the penis, *a pendendo*. It is in form long, round, and on the upper side flattish, and consists of skin, tendons, veins, arteries, and sinews, being seated under the *Ossa Pubis*, and ordained by Nature of a two-fold work, *viz.* for the evacuating of urine, and conveying the seed into the matrix. The urine which it evacuates is brought to it through the neck of the *Vesica Urinaria*, and the seed which it conveys into the matrix, is brought into it from the *Vesiculæ Seminales*. But to be more particular:

Besides

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Besides the common parts, as the cuticle, the skin and the Membrana Carnosa, it has several internal parts proper to it, of which number there are seven, viz.

The two nervous Bodies; the Septum; the Urethra; the Glands; the Muscles; and the Vessels: of each of these distinctly, in the order I have placed them; and, first, of

The two nervous bodies. These are called so from their being surrounded with a thick, white, nervous membrane, though their inward substance is spongy, as consisting principally of veins, arteries, and nervous fibres, interwoven like a net. And nature has so ordered it, that when the nerves are filled with animal spirits, and the arteries with hot and spirituous blood, then the yard is distended, and becomes erect; when the flux of the spirit ceases, then the blood and the remaining spirits are absorbed, or sucked up by the veins, and so the Penis becomes limber and flaggy.

2. The second internal part is the Septum Lucidum, and this is in substance white and nervous, or sinewy, and its office is to uphold the two lateral or side ligaments and the Urethra.

3. The third is the Urethra, which is only the channel by which both the seed and the urine are conveyed out; it is in substance soft and loose, thick and sinewy, like that of the side ligaments. It begins at the neck of the bladder, but springs not from thence, only is joined to it, and so proceeds to the glands. It has three holes in the beginning, the largest whereof is in the midst, which receives the urine into it. The other two are smaller, receiving the seed from each seminal vessel.

4. The fourth is the Glands, which is at the end of the Penis, covered with a very thin membrane, by reason of a Præputium or Foreskin, which in some covers the top of the yard quite close, in others not; and by its moving up and down in the act of copulation brings pleasure both to the man or woman. The extreme part of this cover, which I call Præputium, and which is so called a *Præputando*, from cutting off, as the Jews were commanded to cut it off on the eighth day. The ligament, by which it is fastened to the glands, is called Frænum, or the Bridle.

5. The

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5. The fifth thing is the Muscles, and these are four in number, two being placed on each side. These muscles (which are instruments of voluntary motion, and without which no part of the body can move itself) consists of fibrous flesh to make up their body; of Nerves for the sense; of Veins for their vital heat; and of a Membrane or skin to knit them together, and to distinguish one muscle from the other, and all of them from the flesh. I have already said there are two of them on each side; and I will now add, that one on each side is shorter and thicker, and that their use is to erect the yard, from whence they have obtained the name of Erectors. And having told you that two of them are thicker and shorter than the other, I need not tell you that the other two are longer and thinner; only I take notice, that the office of the two last is to dilate or (if you will) open the lower part of the Urethra, both for making water, and voiding the seed, and therefore are called Accelerators.

6. The sixth and last things are the Vessels, which consist of Veins, Nerves, and Arteries; of which some pass by the skin, and are visible to the eye, and others pass more inwardly. For indeed the Arteries are dispersed through the body of the yard, much more than the veins, and the dispersion is contrarywise, the right artery being dispersed to the left side, and the left to the right: as for the two nerves, the greater is bestowed upon the muscles and the body of the yard, and the least upon the skin.

What I have hitherto said relates to the yard, properly so called; but, because there are some appendices belonging thereto, which, when wanted, render the yard of no use in the act of generation, it will also be necessary before I conclude this section, to say something of them, I mean the stones, or testicles, so called, because they testify the person to be a man; their number and place is obvious; and as to their use, in them the blood brought thither by the spermatick arteries is elaborated into seed. They have coats or coverings of two sorts, proper and common; the common are two, and invest both the testes; the outermost of the common coats, consist of the cuticula, or true skin, called Scrotum, hanging out of the abdomen, like a purse; the Membrana Carnosa is the innermost

nermost. The proper coats are also two: the outer called Elithroidis or Vaginalis, the inner Albuginea: into the outer are inserted the Cremasters: to the upper part of the testis are fixed the Epidermis, or Parastatæ, from whence arise the Vasa Deferentia, or Ejaculatoria; which when they approach nearer the neck of the bladder, deposit the seed into the Siculæ Seminales, which are each or two or three of them, like a bunch of grapes, and emit the seed into the urethra, in the act of copulation. Near those are the Parastatæ, which are about the bigness of a walnut, and join to the neck of the bladder. These afford an oily, slippery, and salt humour, to besmear the urethra, and thereby defend it from the acrimony of the seed and urine. Besides these vessels, by which the blood is conveyed to the testes, or of which the seed is made, and the arteriæ spermaticæ, there are also two; and so likewise are the veins, which carry out the remaining blood, which are called venæ spermaticæ.

And thus man's nobler parts we see
For such the parts of generation be;
And they that carefully survey, will find
Each part is fitted for the use design'd:
The purest blood we find, if well we heed,
Is in the testicles turn'd into seed;
Which by most proper channels is transmitted
Into the place by Nature for it fitted:
With highest sense of pleasure to excite
In amorous combatants the more delight
For in this work Nature doth design
Profit and pleasure in one act to join.



SECTION II. *Of the secret parts in Women.*

Woman, next to man, the noblest piece of this creation, is bone of his bone, and flesh of his flesh, a sort of second self. and in a married state are accounted but one, as the poet says,

Man and wife are but one right
Canonical hermaphrodite.

It is therefore the secret parts of that curious piece of nature that we are to lay open, which we shall do with as much modesty as will consist with speaking intelligibly.

The

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The external parts commonly called Pudenda (from the shamefacedness that is in women to have them seen) are the lips of the great orifice, which are visible to the eye; and in those that are grown, are covered with hair, and have pretty store of spongy fat; their use being to keep the internal part from all annoyance by outward accidents.

Within these are the Nymphæ, or wings, which present themselves to the eye when the lips are severed, and consist of soft and spongy flesh, and the doubling of the skin placed at the sides of the neck, they compass the clitoris, and both in form and colour resemble the comb of a cock, looking fresh and red, and in the act of coition receive the penis or yard betwixt them; besides which they give passage both to the birth and urine. The use of the wings and knobs like myrtle berries, shutting the orifice and neck of the bladder, and by the swelling up, cause titillation and delight in those parts, and also to obstruct the voluntary passage of the urine.

The next thing is the clitoris, which is a sinewy and hard part of the womb, replete with spongy and black matter within, in the same manner as the side ligaments of the yard; suffers erection and falling in the same manner, and both stirs up lust, and gives delight in copulation; for without this, the fair sex neither desire nuptial embraces, nor have pleasure in them, nor conceive by them; and according to the greatness or smallness of this part, they are more or less fond of men's embraces; so that it may properly be stiled the seat of lust.

Blowing the coals of those amorous fires,

Which youth and beauty to be quench'd requires.

And it may well be stiled so; for it is like a yard in situation, substance, composition, and erection, growing sometimes out of the body two inches, but that happens not but upon some extraordinary accident. It consists, as I have said, of two spongy and skinny bodies, which being a distinct original, form the Os Pubis, the head of it being covered with a tender skin, having a hole like the yard of a man, but not through, in which, and the bigness of it, it only differs.

The next thing is the passage of the urine, which is under the clitoris, and above the neck of the womb, so that

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that the urine of a woman comes not through the neck of the womb, neither is the passage common as in men, but particular, and by itself. This passage opens itself into the fissures to evacuate the urine; for the securing of which from cold, or any other inconveniency, there is one of the four caruncles, or fleshy knobs, placed before it, which shuts up the passage. For these knobs, which are in number four, and in resemblance like myrtle berries, are placed behind the wings before spoken of, quadrangularly, one against the other. These are round in virgins, but hang flapping when virginity is lost. 'Tis the uppermost of these that Nature has placed for the securing the urinary passage from cold, and which is therefore largest and forked for that end.

The lips of the womb that next appear, cover the neck thereof, but being separated disclose it; and then two things are to be observed, and these are the neck itself, and the Hymen, more properly called the *Claustrum Virginalē*, which I shall treat more at large when I come to shew what virginity is. The neck of the womb, I call the channel, is between the fore mentioned knobs and the inner bone of the womb, which receives the man's yard like a sheath; and that it may be dilated with the more ease and pleasure in the act of coition, it is sinewy and a little spongy; and there being in this concavity divers folds or orbicular plaits made by tunicles, which are wrinkled, it forms an expanded rose that may be seen in virgins: but in those that have used copulation, it comes by degrees to be extinguished: so that the inner side of the neck of the womb appears smooth, and in old women it becomes more hard and grisly. But though this channel be sinking down, wreathed, and crooked, yet it is otherwise in the time of copulation; as also when women are under the monthly purgation, or in labour, being then very much extended, which is a great cause of their pains.

The *Claustrum Virginalē*, commonly called the Hymen, is that which closes the neck of the womb; for between the duplicity of the two tunicles which constitute the neck of the womb, there are many veins and arteries running along that arise from the vessels of both sides of the thighs, and so pass into the neck of the womb, being very large;

and

and the reason thereof is, because the neck of the womb requires to be filled with abundance of spirits to be dilated thereby, that it may the better take hold of the Penis, such emotions requiring great heat, which being more intense by the act of frication, consumes a great deal of moisture, in the supplying whereof large vessels are very necessary; hence it is that the neck of the womb in women of reasonable stature, is eight inches in length. But there is also another cause of the largeness of these vessels, because their monthly purgations make their way through them; and for this reason, women, though with child, often continue them: for though the womb be shut up, yet the passage in the neck of the womb, through which these vessels pass, is open. And therefore, as soon as you penetrate the pudendum, there may be seen two little pits or holes, and in which are contained an humour, which, by being pressed out in the time of coition, does greatly delight the fair sex.

I shall, in the next place, proceed to a description of the womb, which is the field of generation, without which nothing can be done. The parts we have been speaking of being ordained by Nature to convey the seed to the womb, which being impregnated therewith, by virtue of the plastic power of Nature, produces its own likeness.

The womb is situated in the lower parts of the hypogastrium, being joined to its neck, and is placed between the bladder and the strait gut, so that it is kept from swaying or rolling; yet hath its liberty to stretch and dilate itself, and also to contract itself, according as nature in that case disposes it. It is of a round figure, somewhat like a gourd; lessening and growing more acute towards one end, being knit together by its proper ligaments, and its neck joined by its own substance, and certain membranes that fasten it to the Os Sacrum, and the share-bone. It is very different, with respect to its largeness in women, especially between such as have had children, and those that have had none. It is so thick in substance that it exceeds a thumb's breadth; and after conception, augments to a greater proportion, and to strengthen it yet more, it is interwoven with fibres overthwart, both strait and winding; and its proper vessels are veins, arteries and

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nerves; amongst which there are two little veins which pass from the spermatick vessels to the bottom of the womb, and two bigger from the hypogastricks, touching both the bottom and the neck, the mouth of these veins piercing so far as the inward concavity.

The womb, besides what I have already mentioned, hath two arteries on both sides the spermatick vessels and the hypogastricks, which still accompany the veins with sundry little nerves, knit and interwoven in the form of a net, which are also extended throughout, even from the bottom to the pudenda themselves, being so placed chiefly for the sense of pleasure, sympathetically moving from the head and womb.

Here the reader ought to observe, that two ligaments hanging on either side of womb from the share-bone, piercing through the Peritonæum, and joining to the bone itself, causes the womb to be moveable, which upon divers occasions either falls low or rises; the neck of the womb is of a most exquisite sense, so that if it be at any time disordered, either with a schirrosity, too much hot moisture, or relaxation, the womb is subject to barrenness. In those that are near their delivery, there usually stays a most glutinous matter in the entrance, to facilitate the birth; for at that time the mouth of the womb is opened in such a wideness as is in proportion to the largeness of the child.

Under the parts belonging to generation in women, are also comprehended the preparatory or spermatick vessels; the preparatory vessels differ not in number from those in man, for they are likewise four, two vessels, and two arteries; their rise and original is the same as in man, the side of them are two arteries which grow from them, differing only in their size and manner of insertion, the right vein issuing from the trunk of the hollow vein, and the left from the emulgent vein; and on the side of them are two arteries which grow from the arcata. These preparatory vessels are shorter in women than in men, because they have a shorter passage, the stones of a woman lying within the belly, but those of a man without; but to make amends for their shortness, they have far more windings to and fro, in and out, than they have in men, that so the substance they carry may be the better prepared.

pared; neither are they united as they are in men, before they come to the stones, but are divided into two branches, whereof the greater only passeth to the stones, but the lesser to the secundated egg, and this is properly called conception. And then, secondly, to cherish it and nourish it, till Nature has framed the child, and brought it to perfection. Thirdly, It strongly operates in sending forth the birth, when its appointed time is accomplished, there dilating itself in an extraordinary manner; and so aptly removed from the senses, that no injury accrues to it from thence, retaining in itself a strength and power to operate and cast forth the birth.

The use of the preparatory vessels is to convey the blood to the testicles, of which a part is spent in the nourishment of them, and the production of those little bladders in all things resembling eggs, through which the *Vassa Præparentia* run, and are obliterated in them. This conveyance of blood is by the arteries, but as for the veins, their office is to bring back what blood remains from the fore-mentioned use.

The vessels of this kind are much shorter in women than men, by reason of their nearness to the testicles; and yet that defect is more than made good by the many intricate windings to which they are subject; for in the middle way they divide themselves into two branches of different magnitude; for one of them being bigger than the other, passes to the testicles.

The testicles in women are very useful; for where they are defective, generation work is quite spoiled; for though those little bladders which are on their outward superficies contain nothing of seed, as the followers of Galen, &c. erroneously imagine, yet they contain several eggs (about the number of 20 in each testicle) one of which being impregnated by the most spirituous part of the man's seed in the act of coition, descends through the oviducts into the womb, where it is cherished till it becomes a live child. The figure of these *Ovæ* or eggs, is not altogether round, but a little flat and depressed on the sides, and in their lower part oval; but where the blood vessels enter them, that is, in the upper part, they are more plain, having but one membrane about them, that the heat may have

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more easy access to the womb, both to the nourishment of itself and of the infant therein. * Let me further add, these spermatick veins receive the arteries as they pass by the side of the womb, and thereby make a mixture of the vital and natural blood, that their work may be more perfect. The deferentia, or carrying vessels, spring from the lower part of the stones, and are in colour white, substance sinewy, and pass not to the womb straight, but wreathed; they proceed from the womb in two parts, resembling horns, whence they are called the horns of the womb.

The stones of women are another part belonging to the instruments of generation: for such things they also have as well as man, but they are also differently placed: neither is their bigness, temperament, substance, form, or covering the same. As to their place, it is the hollownes of the abdomen, resting upon the muscles of the loins, and so not pendulous, as in man. And that they are so placed is, that by contracting the heat, they may be the more fruitful, their office being to contain the ovum, or egg, which being impregnated by the seed of the man, is that from which the embryo is engendered. These stones differ also from men's in their form; for, though they are smooth in men, they are uneven in women; being also depressed or flattish in them, though in men their form is more round and oval. They have also in women but one skin, whereas in men they have four, Nature having wisely contrived to fortify these most against the injuries of the air, that are most exposed to it; the stones of women being within, but those of men without the belly. They differ also in their substance, being much more soft than those of men, and not so well compacted; their bigness and temperature differ, in that they are less and colder than those of men. Some indeed will have their use to be the same as in men, but that is for want of judgement; for Aristotle and Scotus both affirm, that the women have no seed, and that their stones differ also in their use from those of men; their use being, as I have already said, to contain that egg which is to be impregnated by the seed of a man.

It now remains, that I say something of the ejaculatory vessels, which have two obscure passages, one on either

side,

side, which in substance differ nothing from the spermatic veins. They rise in one part from the bottom of the womb, but not reaching from the other extremity, either to the stones, or any other part, are shut up, and incapable, adhering to the womb, as the colon doth to the blind-gut, and winding half way about: though the stones are remote from them, and touch them not, yet they are tied to them by certain membranes resembling the wings of a bat, through which certain veins and arteries passing from the end of the stones, may be said here to have their passages, proceeding from the corners of the womb to the testicles, and are accounted the proper ligaments by which the testicles and womb are united and strongly knit together.

Thus the women's secret I have survey'd,
And let them see how curiously the're made.
And that, tho' they of different sexes be,
Yet in the whole they are the same as we,
For those that have the strictest searchers been,
Find women are but men turn'd outside in;
And men, if they but cast their eyes about,
May find they're women with their inside out:

SECT. III. *Of the Use and Action of the several Parts in Women appropriated to Generation.*

I SHALL next take a survey of the parts of generation both in men and women, and shew the use and action of these parts in the work of generation, which will excellently inform us that Nature has made nothing in vain.

The external parts in women's privities, or that which is most obvious to the eye at first, commonly called Pudendum, are designed by nature to cover the great orifice, Nature intending that orifice to receive the penis or yard in the act of coition; and also to give passage to the urine; and, at the time of birth to the child. The use of the wings or knobs, like myrtle-berries, are for the security of the internal part, by shutting up the orifice and neck of the bladder, also for delight and pleasure; for, by their swelling up, they cause titillation and delight in those parts, being pressed by the man's yard. Their use is likewise to obstruct the involuntary passage of the urine.

The use and action of the clitoris in women, is like that of the penis or yard in men, that is, erection: its

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extreme end being like that of the glands in the men, the seat of the greatest pleasure in the act of copulation, so is this of the clitoris in women, and therefore called, the sweetness of love and the fury of venery.

The action and use of the neck of the womb is the same with that of the Penis, that is, erection, which is occasioned sundry ways; for, First, in copulation it is erected and made strait from the passage of the penis to the womb. Secondly, while the passage is replete with spirits and vital blood, it becomes more strait for embracing the penis. And, for the necessity of erection there is a two-fold reason; one is, that if the neck of the womb was not erected, the yard could have no convenient passage to the womb. The other is, that it hinders any hurt or damage that might ensue through the violent concussion of the yard, during the time of copulation.

Then, as to the vessels that pass through the neck of the womb, their office is to replenish it with blood and spirits, that, so as the moisture consumes thro' the heat contracted in copulation, it may still by these vessels be renewed. But their chief business is to convey nutriment to the womb.

Thus Nature nothing does in vain produce,
But fits each part for what's its proper use;
And though of different sexes form'd we be,
Yet betwixt these there is that unity,
That we in nothing can a greater find.
Unless the soul that's to the body joined;
And sure in this Dame Nature's in the right,
The strictest union yields the most delight.

C H A P. II.

Of the Restriction laid upon Men in the use of carnal Copulation, by the Institution of Marriage, with the Advantages that it brings to Mankind, and the proper Time for it.

THOUGH the great Architect of the world has been pleased to frame us of different sexes, and, for the propagation and continuation of mankind, has indulged us the mutual embraces of each other, the desire whereof, by a powerful and secret instinct, is become natural to us, yet

yet he would leave them to the law of the Creator, who has ordained, that every man shall have his own wife; and though, since man, by sinning against his Creator, hath fallen from his primitive purity, and has multiplied wives and concubines, by which the first institution is violated, and the grossest affront given to the divine Law-giver; for the holy Jesus hath told us, That in the beginning marriage was of one man to one woman: so that, as these conjugal delights cannot be enjoyed but in a married state, so neither, in that state, can they lawfully be participated of with more than one wife. And it is the breaking of this order that has filled the world with confusion and debauchery; has brought diseases on the body, consumption on estates, and eternal ruin to the soul, if not repented of. Let all those, therefore, of either sex, that have a desire to enjoy the delights of mutual embraces, take care that they do it in a married state, with their own wives or husbands, or else it will become a curse to them, instead of a blessing. And, to that end, let them consider what is due to the transgressors of his law, who hath said, *Thou shalt not commit Adultery*. Whatever is spoken of the venereal pleasures, is spoken to those who have, or may have, a right thereunto, by being in a married state. For,

Who to forbidden pleasures are inclin'd,
Will find at last they leave a sting behind.

SECTION II. *Of the Happiness of the married state.*

Matrimony, in the present age, is looked upon as a most insupportable yoke:—Wives and husbands are accounted the greatest clogs and burdens to those who give up the reins to their unbridled appetites. Notwithstanding the present mode of thinking is against me, I doubt not of making it appear, that a married state is the most happy condition (where persons are equally yoked) that is to be enjoyed on this side Heaven.

The author and institutor of marriage and that first brought man and woman together, was no other than he that made them, even the Great Lord of the universe, whose wisdom being infinite, could not but know what condition was good for us; and his goodness being equal to

to his wisdom, sufficiently shews the end of this institution: was the happiness of the creature he had made; and indeed man could not be happy without it: for he saw that it was not good that man should be alone, and therefore made a woman to compleat his happiness, which was not perfect, whilst he wanted such a help-mate for him.

The time of the institution is also very remarkable: for it was whilst Adam and his new-made bride were cloathed with all that virgin purity and innocence with which they were created, before they had entertained the least converse with the tempter, or had given way to one disordered thought; and yet could curiously survey the several incomparable beauties and perfections of each other without sin, and knew not what it was to lust. It was at this time that the Creator united Adam in the holy bands of wedlock.

'Twas in paradise where the first match was made; and which could scarcely have been paradise without it: for paradise is known to be a place of pleasure, wherein they were surrounded with the quintessence of all delights; where there was nothing wanting that might please the eye, charm the ear, or gratify the taste; and yet Adam was not happy with these pleasing sweets 'till he enjoyed his Eve; so that it was a married state which compleated his happiness, and which was a paradise of paradise itself.

What an addition to happiness a good wife makes! such an one is the best companion in prosperity, and in adversity the surest friend; the greatest assistance in business, the only lawful and comfortable means by which she can have issue, and the great remedy against incontinence; and if we believe King Solomon, The greatest honour unto him that has her. For he tells us, *She is a crown to her husband.* Surely these are not small advantages!

If married persons would be careful to do their respective duties, there would be but little complaining; nor would any condition in life be so agreeable as the married state. How much more satisfaction a man receives in the embraces of a loving wife, than in the wanton dalliances of a deceitful harlot.

Thus does this section unto all relate

The pleasures that attend the married state:

And shews it does with innocence consist;

And that so many have those pleasures miss'd,

'Tis their own fault they will no wiser be,
As in this mirror they may plainly see.

SECT. III. *At what age young Men and Virgins are capable of carnal Copulation; and why they so much desire it.*

I shall, in the present section, make it my business to shew at what age young men and virgins are capable of the marriage-bed, which, because so many desire before they attain to it, it will be likewise necessary to shew the causes of their impetuous desires.

The inclination of virgins to marriage is to be known by many symptoms; for when they arrive to ripe age, which is about fourteen or fifteen, their natural purgations begins to flow; and then the blood, which no longer serves for the increase of their bodies, does, by its abounding, stir up their minds to venery: to which also external causes may incite them. For their spirits are brisk and inflamed when they arrive at this age, and their bodies are often more heated by their eating sharp and salt things; and by spices, by which their desire of venereal embraces becomes very great, and at some critical junctures almost insupportable. The use of those so much desired enjoyments being denied to virgins, is often followed by very dangerous, and sometimes dismal consequences, precipitating them into those follies that may bring an indelible stain on their families, or bring on themselves the Green Sickness, or other diseases. But when they are married, and those desires satisfied by their husbands, these distempers vanish, and their beauty returns more gay and lively than before. And this strong inclination of theirs may be known by their eager gazing at men, and affecting their company, which sufficiently demonstrates that nature excites them to desire coition. Nor is this the case with virgins only, but the same may be observed in young widows, who cannot be satisfied without that due benevolence which they were wont to receive from their husbands.

At fourteen years of age, commonly; the menses begin to flow in virgins; at which time they are capable of conceiving, and therefore fit for marriage; though it would be much better, both for themselves and their children, if they would not marry till eighteen or twenty:
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if they are healthy, of strong body, and use themselves to temperance, they may continue bearing till upwards of 50, though generally they leave off between 40 and 50: for the menses flow longer in some than in others: but when they cease, they cease bearing. And therefore Sarah bearing Isaac after it had ceased to be with her according to the custom of women, may be well termed miraculous.

As for male youth, when they arrive at 16, or between that and 17, having much vital strength, they may be capable of getting children; which ability, by the force and heat of procreating matter, constantly increase till 45, 56, 65, and then begins to flag, the seed by degrees becoming unfruitful, the natural spirits being extinguished, and the heat dried up. Thus it is with them for the most part, but many times it falls out otherwise in particular instances; as once in Sweden a man was married at a 100 years old to a bride of 30, and had many children by her; but he was a man of so hale a constitution, and carried his age so well, that strangers would not have guessed him at above 60. And in Campania, where the air is clear and temperate, it is usual for men of 80 years old to marry young virgins, and have children by them: which shews that age in men hinders not procreation, unless they be exhausted in their youth, and their yards shrivelled up.

If any ask, why a woman is sooner barren than a man? let such know that the natural heat which is the cause of generation, is more predominant in men than women; for the monthly purgations of women shew them to be more moist than men, and so does also the softness of their bodies. And the man exceeding her in native heat, concocts the humours into proper aliment, by the benefit whereof they are elaborated into seed: but women, though of a finer make, yet not being so strong as men, their faculties are thereby hindered in their operation.

Thus nature to her children is so kind,
That early they those inclinations find,
Which prompts them on to propagate mankind. }
Hence 'tis a virgin her desires can't smother,
But restless is till she be made a mother.

C H A P. III.

Of Virginitie, what it is, how it may be known, by what means it may be lost, and how a person may know that it is so.

SECT. I. *Of Virginitie, and wherein it consists.*

HAVING treated of the desire young men and virgins have to mutual embraces, and at what age they are fit for them; I have also shewn that those pleasures are only lawful to be enjoyed in a married state; and have also acquainted my reader with the advantage of such a condition. But since the desires of many after mutual embraces are so impetuous, that not having an opportunity to enter into a married state, they have anticipated the pleasures of matrimony, and lost their virginitie before hand: and yet, perhaps, have afterwards pretended to bring their virginitie to a marriage-bed, by which means many an honest man has been deceived, and meretricious women escaped with impunity: and on the other hand, some virtuous young virgins, that have come such unto their husbands beds, have been accused by the ignorance and incredulity of their husbands, to have lost their virginitie before hand, when there has been no such matter: therefore to do right in this case to both parties, my design in this chapter is to shew what virginitie is, and wherein it consists: how many ways it may be lost, and how a man may know that it is so or not: that so women may not be wrongfully censured, or men imposed upon.

Virginitie, untouch'd and taintless, is the boast and pride of the fair sex; but they generally commend it to put it off: For, as good as it is, they care not how soon they are honestly rid of it. And I think they are in the right of it, for if kept it grows useless, or at least loses so much of its value; a stale virgin (if such a thing there be) being looked upon like an old almanack, out of date.—But to speak to the purpose, virginitie is the chief, the best, the prime of any thing, and is properly the integrity of a woman's privities, not violated by man, or not known by him; it being the distinguishing characteristic of a virgin, that she has not known man.

To make this more plain, I must here observe, that there

there is in maids, in the neck of the womb, a membranous production called the Hymen, which is like the bud of a rose half blown, and this is broken in the first act of copulation with man: and hence came the word *Defloro*, to deflower: whence the taking of virginity, is called the deflowering of a virgin: for when the rose-bud is expanded, virginity is lost. Certain it is, there is in the first act of copulation something that causes pain and bleeding; which is an evident sign of virginity. But what this is, authors are not agreed on. Some say it is a nervous membrane, or thin skin with small veins, that bleeds at the first penetration of the yard. Others say, it is the four caruncles, knobs, or little buds like myrtle-berries, which are plump and full in virgins, but hang loose or flabby in those who have used copulation, being pressed by the yard. Some have observed a fleshy circle about the Nymphæ, or neck of the womb, with little obscure veins, which make the membrane not to be nervous, but fleshy. But setting aside conjectures, the Hymen, or *Claustum Virginalæ*, is a thin membrane interwoven with fleshy fibres, and endowed with many little arteries and veins spread across the passage of the Vagina, behind the insertion of the bladder, with a hole in the midst for the menses to flow, so big, that it will admit of the top of one's little finger. This is that which is called the Zone, or girdle of chastity; and, where it is found in the form described, it is a certain note of virginity; but, in the first act of copulation it is necessarily violated, and then it is generally accompanied with an effusion of blood, which blood is called the flower of virginity; and, when once it is broke, it never closes again.

SECT. II. *How Virginity may be lost, &c.*

In the former section I have shewn in what virginity consists, and that it is lost by the first penetration of the yard, which may be easily known by its being attended with an effusion of blood upon the rupture of the Hymenean membrane, or *Claustum Virginalæ*; but I must do the fair sex this justice, to let the world know, that altho' where-ever this is found, it is an undoubted token of virginity, yet it will not follow, that, where this token is wanting, virginity

is deflowered; for the Hymen may be corroded by acrimonious and fretting humours flowing through it with the menses, or it may be violated by the inversion or falling out of the uterus, or of the vagina or sheath, which sometimes happens even to virgins; or, (which all virgins should beware of, for the preservation of their credit, and preventing of suspicion) perhaps the unwary bride has had her menses but a day or two before, in which case both the Hymen and the inner wrinkled membranes of the vagina are flabby, weak and relaxed, so that no such rupture, nor effusion may happen. It were better therefore, that, when virgins are about to marry, they would fix their wedding day at least six or seven days after the menses have done flowing.

But farther, nature hath given greater desires after enjoyment to some than to others, and such, though they abstain from enjoyment, yet so great is their desire after it, that they may break the Hymen or *Claustrum Virginalis*; and sometimes it itches to that degree, that they put in their finger, and so break it. Sometimes the midwives break it in the birth; and sometimes it is done by stoppage of urine, coughing, violent straining, or sneezing; so that no bleeding at the first penetration of the husband, is not always a sign of unchastity, or that another has been there before him, seeing that the Hymenean membrane may be broke so many other ways: but where bleeding does flow, it is an undeniable token that the person was a virgin, and never knew man before. And indeed, tho' the Hymen may be broke all these ways mentioned, yet it so rarely happens to be broke any other way, that *Leo Africanus* makes mention of it as a general custom of the Africans at their weddings, that, the marriage ceremony being over, the bride and bridegroom are shut up in a chamber, while the wedding dinner is preparing; an ancient woman stands at the door to receive from the bridegroom a sheet, having the bloody token of the wife's virginity, which she shews in triumph to all the guests, and then they feast with joy; but if there is no blood seen, the bride is to be sent home again to her friends with disgrace, and the disappointed guests go home without their dinner.

There are others, that make the straitness of the privities a sign of virginity, but this is a very uncertain rule; for this depends much upon the age, habit of body, and other circumstances

cumstances. But, though women who have used carnal copulation, are not so strait as virgins, yet this cannot be a certain argument of virginity, because the privities may be made strait by the use of astringent medicines. I have heard of a courtesan, who, though she had been married, gave herself out to be a virgin, and by the help of a bath of comfrey roots, deceived those with whom she had to do.

Others judge of lost virginity, by milk in the breast; but such, perhaps, are ignorant that there is a twofold milk; the one of virgins, the other of such as have conceived or brought forth children: that of virgins is a malady contrary to nature, made of blood from the womb, turned into milk by the faculty of the breasts; the other is natural, where there is a child either in the womb or born: yet the milk, though both are white, differs very much, both in respect to the blood, and diversity of veins that bring it to the breasts; and that of virgins is thinner, less in quantity, and not so sweet: therefore, if virgins happen to have such milk, they are not for that reason to be reckoned unchaste.

Upon the whole, the sum of what I have said upon this head of virginity, terminates in this; that when a man is married, and finds the tokens of his wife's virginity, upon the first act of copulation, he has all the reason in the world to believe her such; but if he finds them not, he has no reason to think her devirginated, if he finds her otherwise sober and modest; seeing the Hymen may be broken so many other ways, and yet the woman both chaste and virtuous. Only let me caution virgins to take all imaginable care to keep their virgin zone entire, that so when they marry, they may be such as the great Cæsar wished his wife to be, not only without fault, but without suspicion also.

Thus have I virgin innocence survey'd,
And shew'd the difference betwixt wife and maid.
And that their chastity they need not fear,
Whose virgin token plainly doth appear,
Nor censure those in whom they do not so,
Unless the contrary they plainly know,
For they may yet unspotted virgins be,
Altho' their virgin tokens none can see.

The End of the FIRST PART.

Aristotle's MASTER-PIECE.

P A R T II.

The Secrets of Nature displayed in the Production of Man.

C H A P T E R I.

What Conception is; what is pre-requisite thereto; how a woman may know whether she hath conceived, and whether a boy or girl.

SECTION I. *Of Conception, what it is, &c.*

HAVING, in the first part of this work, described the instruments of generation in both sexes, and the use for which those instruments were intended by nature, I shall, in the part before me, proceed to shew what conception is; the signs and tokens thereof, and what are the pre-requisites thereunto: for when once a woman has conceived, the work of generation is begun, and time, with nature's help, will perfect the work.

Now in conception, that which is first to be regarded; and without which it cannot be, is the seed of the man, that being the active principle, or sufficient cause of the foetus, the matter of which is arterial blood, and animal spirits, which are elaborated into seed in the testicles; and from thence by proper vessels conveyed into the yard and in the act of copulation, it is injected or emitted into the womb. The next thing is the passive principle of the foetus (for there must be both in order to conception) and this is an ovum, or egg, impregnated by the man's seed, or being conveyed to it, the womb closes up, that no air may enter therein, but the impregnated ovum may swell into a foetus. This is that which is truly and properly conception, and the pre-requisites thereunto I shall make the subject of the next section.

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SECT. II. *Of the Pre-requisites to Conception.*

I have shewn in the former section, that there are two things to be regarded chiefly in conception, to wit, the active and passive principle. This in part shews, that difference of sexes is a pre-requisite to conception. So nature has ordained, there must be a proper vehicle for the active principle to be injected thereinto, and there must also be a passive principle to be impregnated thereby; so the woman has no active principle to impregnate, and therefore, without different sexes, there can be no conception.

But this is not all: for it is not enough that there be different sexes, but these different sexes must unite, and there must be coition, in order to conception; and it is coition, or the mutual embraces of both sexes, which nature has made so desirable to each other; which, when authorised in the way that heaven has ordained, there is no need of ravishing; for the fair bride will quickly meet her bridegroom with equal vigour. But since in that there may be overdoing, and such errors committed by their giving way to the impetuosity of their desires, as may be prejudicial to conception, it will not be amiss to give some directions to make this operation the more effectual.

SECT. III. *A Word of Advice to both Sexes; or, Directions respecting the Act of Coition, or carnal Copulation.*

Though there are some that desire not to have children, and yet are very fond of nocturnal embraces, to whom these directions will be no way acceptable, because it may probably produce those effects which they had rather be without; yet I doubt not but the generality of both sexes, when in a married state, have such a desire to produce the fair image of themselves, that nothing can be more welcome to them than those directions that may make their mutual embraces most effectual to that end: and therefore let none think it strange that we pretend to give directions for the promoting that which nature itself teacheth all to perform; since 'tis no solicitude for art to be a handmaid to nature, and to assist her in her noblest operations. Neither is it the bare performing of that act which we here direct to, but the performing it so as to make conducive unto the work.

work of generation. And since this act is the foundation of generation, and without which it cannot be, some care ought to be taken, and, consequently, some advice given, how to perform it well: and therein I am sure the proverb is on our side, which tells us, that what is once well done, is twice done. But yet what we shall advance on this nice subject, shall be offered with that caution, as not to give offence to the chaste ear, nor put the fair sex to the trouble of blushing. What I shall offer will consist of two parts. First, something previous to it; and, secondly, something consequential to it.

For the first, when married persons design to follow the propensions of nature for the production of the fair image of themselves, let every thing that looks like care and business be banished from their thoughts, for all such things are enemies to Venus; and let their animal and vital spirits be powerfully exhilarated by some brisk and generous restoratives; and let them, to invigorate their fancies, survey the lovely beauties of each other, and bear the bright ideas of them in their minds; and if it happens, that instead of beauty there is any thing that looks like imperfection or deformity, (for nature is not alike bountiful to all) let them be covered over with a veil of darkness, and oblivion. And since the utmost intention of desire is required in this act, it may not be amiss for the bridegroom for the more eager heightening of his joy, to delineate the scene of their approaching happiness to his fair languishing bride, in some such amorous rapture as this.

Now, my fair bride, now will I storm the mint
Of love and joy, and rifle all that's in't.
Now my infranchis'd hand on ev'ry side,
Shall o'er thy naked polish'd ivory slide.
Freely shall now my longing eyes behold,
Thy bared snow, and thy undrained gold:
Nor curtain now, tho' of transparent lawn,
Shall be before thy virgin treasure drawn.
I will enjoy thee now, my fairest; come,
And fly with me to love's elysium,
My rudder with thy bold hand, like a try'd
And skilful pilot, thou shalt steer, and guide,
My bark in love's dark channel, where it shall

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Dance, as the bounding waves do rise and fall.

Whilst my tall pinnace in the Cyprian streight,

Rides safe at anchor, and unloads the freight.

Having by these, and other amorous acts (which love can better dictate than my pen) wound up your fancies to the highest ardour and desires.

Perform those rites nature and love requires.

'Till you have quench'd each others am'rous fires.

When the act of coition is over, and the bridegroom has done what nature prompted him to do, he ought to take care not to withdraw too precipitately from the field of love, lest he should, by so doing, let the cold into the womb, which might be of dangerous consequence. But when he has given time for the matrix to close up, he may withdraw, and leave the bride to her repose, which ought to be with all the calmness possible, betaking herself to rest on the right side, and not removing, without great occasion, till she has taken her first sleep. Coughing and sneezing, if possible, should be avoided, or any thing that agitates or causes a motion of the body. These amorous engagements should not be often repeated till the conception is confirmed. And it may not be amiss to remind the bridegroom, that the fair lasts all the year, and that he should be careful not to spend his stock lavishly, as women, in general, are better pleased in having a thing once well done, than often ill done.

SECT. IV. *How a Woman may know when she has Conceived.*

After the means made use of in order to conception, according to the directions given before, there is reason to expect that conception should follow: but as things do not always succeed according to desire, so therefore conception does not always follow upon coition. For there are many women, especially those newly married, who know not whether they have conceived or not, after coition: which, if they were assured of, they might and would avoid several inconveniences which they now run upon. For, when after conception a woman finds an alteration in herself, and yet knows not from whence it arises, she is apt to run to the doctor, and enquires of him what is the matter, who not knowing that she is with child, gives her a strong potion, which certainly destroys the conception. There are
others

others, who out of foolish bashful coyneſs, though they know that they have conceived, yet will not confeſs it, that they may be inſtructed how to order themſelves accordingly. Thoſe that are coy may learn in time to be wiſe; and for the ſake of thoſe that are ignorant, I ſhall ſet down the ſigns of conception that women may know thereby, whether they have conceived or not.

If a woman hath conceived, the vein under her eye will be ſwelled, *i. e.* under the lower eye-lid, the vein in the eyes appearing clearly, and the eyes ſomething diſcoloured: if the woman hath not her terms upon her, nor hath watched the night before, there is a certain ſign of her having conceived; and this appears moſt plainly juſt upon the conception, and holds for the firſt two months after.

Stop the urine of the woman cloſe in a glaſs or bottle three days, at the expiration of which time ſtrain it through a linen rag: if you perceive ſmall living creatures in it, you may inſtantly conclude that ſhe hath conceived; for the urine, which was before part of her own ſubſtance, will be generative as well as it's miſtreſs.

A coldneſs and chilneſs of the outward parts after copulation, ſhews a woman to have conceived, the heat being retired to make the conception; and then the veins of the breſts are more clearly ſeen than they were before. The tops of the nipples look redder than formerly; the body is weakened, and the face diſcoloured, the belly waxeth very fat, becauſe the womb cloſeth itſelf together to nourish and cheriſh the ſeed. If ſhe drinks cold water a coldneſs is felt in the breſt; ſhe has alſo loſs of appetite, ſour belchings, and exceeding weakneſs of the ſtomach: the breſts begin to ſwell, and wax hard, not without pain or ſoreneſs; wringing or gripping pains like the cramp happens in the belly above the navel: alſo divers appetites and longings are engendered. The veins of the eyes are alſo clearly ſeen, and the eyes ſeem ſomething diſcoloured, as a looking glaſs will ſhew. The excrements of the guts are voided painfully, becauſe the womb ſwelling, thruſteth the right gut together: likewise let her take a geene nettle, and put it into her urine, cover it cloſely, and let it remain all night; if ſhe is with child, it will be full of red ſpots on the next morning, if ſhe is not with child it will be blackiſh.

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By these experiments, some of which never fail, a woman may know whether she hath conceived or not, and to regulate herself accordingly. For

When women once with child conceived are,
They of themselves should take especial care.

SECT. V. *How to know whether a Woman be Conceived of a male or female Child.*

In the present section I shall endeavour to gratify the curiosity of many persons who are very desirous to know whether they are conceived of a male or female. For the satisfaction of such, I shall give the sign of a male child being conceived; and the reverse thereof, that of a female.

It is then a sign of a male child, when the woman feels it first on the right side; for male children lie always on that side of the womb, the woman also when arising from her chair, doth sooner stay herself upon the right hand than on the left. Also the belly lies rounder and higher than when it is a female. The colour of the woman is not so swarthy, but more clear than when it is a girl. The right side is likewise more plump and harder than the left, the right nipple redder. She likewise breeds a boy easier and with less pain than a girl, and carries her burthen not so heavily, but is more nimble and stirring.

I will only, as to this, add the following experiments, which I never knew to fail. If the circle under the woman's eyes, which is of a wan blue colour, be more apparent under the right eye, and that most discoloured, she is with child of a boy; if the mark be most apparent in her left eye, she is with child of a girl.—The other is, let her drop a drop of her milk in a basin of fair water, if it sinks to the bottom as it drops in, round in a drop, it is a girl she is with child of; for if it be a boy it will spread and swim at top. This I have often tried, and it never failed.

For whether male, or female child it be

You have conceived, by these rules you'll see.

C H A P. II.

SECT. I. *How a Woman should order herself in order to Conception.*

I AM very well satisfied that many women desire copulation, not from any delight or satisfaction they take therein,

therein, more than as it is the means appointed by Him that bids us encrease and multiply, for the obtaining of children, and the propagation of mankind. And though several make use of coition to obtain that end, yet we find by experience; that in many it does not succeed, because they order not themselves as they ought to do; for though it must be granted, that all our endeavours depend upon the divine blessing, yet if we are wanting in any thing to ourselves, how can we expect that blessing to succeed our endeavours? My business therefore in this section shall be to shew how women that desire to have children should order themselves.

First, women that are desirous to have children, must, in order thereunto, give themselves to moderate exercise: for want of exercise, and idleness, are very great enemies to the work of generation, and indeed are enemies both to soul and body. Those that shall give themselves the trouble to observe it, will find those city dames that live high, and do nothing, seldom have children, or if they have, they seldom live; whereas those poor women that accustom themselves to labour, have many children, and those strong and lusty. Nor need we wonder at it, if we consider the benefit that comes by a moderate exercise and labour; for it opens the pores, quickens the spirits, stirs up the natural heat, strengthens the body, senses and spirits, comforts the limbs, and helps nature in all her exercises, of which procreation of children is none of the least.

Secondly, women, in order to conception, should avoid all manner of discontent, and the occasion of it; for discontent is a great enemy to conception, and it so dispirits either man or woman, that it hinders them from putting forth that vigour, which ought to be exerted in the act of coition. When, on the contrary, content and satisfaction of mind dilate the heart and arteries, whereby the vital blood and spirits are freely distributed throughout the body; and thence arise such affections, as please, recreate and refresh the nature of man, as hope, joy, love, gladness and mirth. Nor does it only comfort and strengthen the body, but also the operation and imagination of the mind: which is so much the more necessary; insomuch as the imagination of the mother works forcibly upon the conception of the child.

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child. Women therefore, ought to take great care that their imagination be pure and clear, that their child may be well formed.

Thirdly, women ought to take care to keep the womb in good order; and to see that the Menfes come down as they ought to do; for if they are discoloured, they are out of order. But if the blood comes down pure, then the woman will be very prone to conceive with child, especially if they use copulation in two or three days after the monthly terms are stayed.

Fourthly, a woman that would conceive should observe that she does not use the act of coition too often; for satiety gluts the womb, and renders it unfit for its office. There are two things demonstrate this; *i. e.* that common whores, (who often use copulation) have never, or very rarely any children: for the grass seldom grows in a path that is commonly trodden in. The other is, that women, whose husbands have been long absent do, after copulation with them again, conceive very quickly.

Fifthly, care should be taken that the time of copulation be convenient, that there may be no fear of surprize: for fear hinders conception. And then it were best also that the desire of copulation be natural, and not stirred up by provocation; and if it be natural, the greater the womb's desire of copulation is, the more likely she is to conceive.

I will add no more, but what some authors report, that a loadstone carried about the woman, not only causeth conception but concord between man and wife; if it be true, I would have no married woman go without one, both for her own and husband's quiet.

Let all the fair, who would have children from
Their soft embraces, read what's here laid down;
Those that to exercise themselves incline,
And in their love to be content design,
Who have their monthly terms, in order flow,
And regulate them if they do not so;
That love's embraces moderately use,
And to enjoy them a fit season chuse;
These may content, with what they've done remain,
And need not fear their wishes to obtain.

SECT. II. *What a Woman ought to observe after Conception.*

After a woman has conceived, or has reason to think so, she ought to be very careful of herself, lest she should do any thing that might hinder nature in her operation. For in the first two months after conception women are very subject to miscarriages, because then the ligaments are weak, and soon broken. To prevent this, let the woman every morning drink a draught of sage ale, and it will do her abundance of good. And if signs of abortion or miscarriage appears, let her lay a toast dipped in tent (in case muscadale cannot be gotten) to the navel, for this is very good. Or let her take a little garden tansey, and having bruised it, sprinkle it with muscadel, and apply it to the navel, and she will find it much better. Also tea infused in ale, like sage ale, and a draught drank every morning, is most excellent for such women as are subject to miscarriages. Also take juice of tansey, clarify it, and boil it up into a syrup, with twice its weight in sugar, and let a woman take a spoonful or two of it in such cases, and it will be an excellent preservative against miscarriages. Also, if she can, let her be where the air is temperate. Let her sleep be moderate; let her also avoid all watching and immoderate exercise, as also disturbing passions, loud clamours, and filthy smells; and let her abstain from all things which may provoke either urine or the courses; and also from all sharp and windy meats; and let a moderate diet be observed. If the excrements of the guts be retained, lenify the belly with clysters made of the decoction of mallows and violets, with sugar and common oil; or make broth of borage, bugloss, beets, mallows, and take therein a little manna; but on the contrary, if she be troubled with a looseness of the belly, let it not be stopped without the judgment of a physician; for that matter all uterine fluxes have a malignant quality, and must be evacuated and removed before the flux be stayed.

C H A P. III.

How the Child lieth, and how it groweth up in the Womb of the Mother after Conception.

SECT. I. *How the Child is formed in the Womb after Conception.*

AS to the formation of the child, it is to be noted: that after coition, the seed lies warm in the womb for six days without any visible alteration, only the womb closes up itself to prevent its issuing forth again, and for the securing it from any cold; and all this time it looks like butter, or coagulated milk. And it would be necessary for her who has conceived, to forbear the embraces of her husband all the time, lest the conception should be spoiled. In three days after it is altered from the quality of thick milk or butter and becomes blood, or at least resembles it in colour, nature having now begun to work upon it; in the next six days following, that blood begins to be united into one body, grows hard, and becomes a little quantity, and to appear a round lump. And, as the first creation of the earth was void, and without form, so in this creating work of divine power in the womb, this shapeless embryo lies the first mass. But in two days after the principal members are formed by the plastic power of nature, and these principal members are four in number, viz. The heart, the brain, the liver, and the testicles, or stones. Three days after the other members are formed, and are distinguished from the shoulders to the knees, and the heart, liver, and stones, with their appurtenances, do grow bigger and bigger. Four days after that, the several members of the whole body appear, and as nature requires, they conjunctly and separately do receive their perfection. And so in the appointed time, the whole creation hath that essence which it ought to have in the perfection of it, receiving from God a living soul, therewith putting into his nostrils the breath of life. Thus I have shewn the whole operation of nature in the formation of the child in the womb, according to the energy given it by the divine Creator, Maker, and upholder of all things both in heaven and earth.

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By some others more briefly, but to the same purpose, the forming of the child in the womb of its mother is thus described: three days in the milk, three in the blood, twelve days from the flesh, and eighteen the members, and forty days afterwards the child is inspired with life, being endowed with an immortal living soul.

SECT. II. *Of the manner of the Child's lying in the Womb from the Conception to the Birth.*

I come now to shew in what manner the child lieth in the womb of its mother, whilst it is confined in the dark recesses; first giving the reader the testimony of two or three of the most learned on this head.

The learned Hippocrates affirms, that the child, as he is placed in the womb, hath his hands upon his knees, and his head bent to his feet; so that he lies round together, his hands upon his knees, and his face between them; so that each eye touches each thumb, and his nose betwixt his knees. And of the same opinion in this matter was Bartholinus the younger. Columbus is of opinion that the figure of the child in the womb is round, the right arm bowed, the fingers thereof under the ear, and above the neck, the head bowed, so that the chin toucheth the breast, the left arm bowed above both breast and face, and propped up by the bending of the right elbow: the legs are lifted upwards, the right of which is so lifted up, that the thigh toucheth the belly, the knees the navel; the heel toucheth the left buttock, and the foot is turned back and covereth the secrets; the left thigh toucheth the belly, the knees the navel, the heel toucheth the left buttock, and the foot is turned back, and covereth the secrets; the left thigh toucheth the belly, and the leg lifted up to the breast, the back lying outwards.

Thus the reader may see how authors differ herein; but this ought to be noted, that different positions which the child has been seen in hath given occasion to the different opinions of authors. For when the woman is young with child, the embryo is always found of a round figure, a little oblong, having the spine moderately turned inwards, the thighs folded, and a little raised, to which the legs are joined, that the heels toucheth the buttocks, the arms

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bending,

bending, and the hands placed upon the knees, towards which the head is inclining forwards; so that the chin touches the breast; the spine of the back is at that time placed towards the mother's, the head uppermost, the hands forwards, and the feet downwards, and proportionable to its growth it extend its members by little and little, which were exactly formed in the first month. In this posture it usually keeps till the seventh or eighth month, and then by a natural propensity and disposition of the upper parts of the body, the head is turned downwards toward the inward orifice of the womb, tumbling as it were over its head; so that the feet are uppermost, and the face towards the mother's great gut. And this turning of the infant in this manner with his head downwards towards the latter end of a woman's reckoning is so ordered of nature, that it may be the better disposed for the birth. The knowledge of these things being so essential to the practice of a midwife, I could not omit them.

C H A P. IV.

Of the Obstructions of Conception: with the Cause and Cure of Barrenness, and the Signs of Insufficiency both in Men and Women.

BEFORE I proceed any further, it is highly necessary that I treat of the obstructions of conception, which naturally leads me to treat of barrenness, the grand obstruction of conception.

SECTION I. *Of Barrenness.*

Barrenness is a natural and accidental defect, which hinders conception: for that which hinders conception causeth barrenness. There are several causes why conception may be hindered; as too much heat or cold dries up the seed, and makes it corrupt; this extinguishing the life of the seed, and that making it waterish, and unfit for generation. It may be caused also by the stoppage or overflowing of the courses, and by swellings, ulcers, or inflammations of the womb, or by an excrescence of flesh growing about the mouth of the matrix, whereby the seed is hindered from being injected into the womb; and
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want of love in the persons copulating may also hinder conception, as is as apparent from those women that are deflowered against their will; no conception following any forced copulation.

And here let me caution parents against one thing that often causeth barrenness, which might easily be prevented; and that is, against letting virgins blood in their arm before their courses come down; these come down in virgins usually in the 14th year of their age, seldom before the 13th, but never before the 12th. Now, because usually young virgins are out of order before they first break down, the mother goes with her to the doctor, who finding that fulness of blood is the occasion of her illness, orders her to be let blood in the arm; upon which she becomes well for a time, the superfluous blood being taken away; and this remedy which is worse than the disease, being repeated four or five times, the blood comes not down at all to the womb, as it doth in other women, but dries up, and is for ever barren; whereas had she been let blood in the foot, it would have brought the blood downwards, and so have provoked the terms, and prevented mischief.

Another cause of barrenness is, for want of convenient moderate quality, which the woman ought to have with the man; as if he be hot, she must be cold; if he be dry, she moist: but if they both are dry, or both of a moist constitution, they cannot propagate, though in this case neither of them may be barren, singly considered; for he or she though now as barren as the barren fig-tree, yet joined, with an apt constitution, may become as fruitful as the vine.

Another cause of barrenness may be the disuse of copulation: for some there are of that frigid constitution, that they either use not the means at all, or else perform it with so much languor and coldness, that it is not likely it should prove efficacious; for the act of coition should be performed with the greatest ardour and intenseness of desire imaginable, or else they may as well let it alone; a frigid disposition being the effect of a cold distemper, and must be cured by such things as heat and nourish. For

Without good drink and feeding high,

Desire to Venus soon will die.

Such therefore ought to feed upon cock-stones and lamb-stones, sparrows, partridges, quails, and pheasants eggs for 'tis an infallible aphorism in physick, that whatsoever any creature is extremely addicted to, they operate to the same end by their mutual virtue in the man that eats them. Therefore partridges, quails, sparrows, &c. being extremely addicted to venery, they work the same effect in those who eat them: and this likewise is worthy to be noted, that in what part of the body the faculty is strong, as a medicine: as for instance, the virtus procreative lies in the testicles; therefore cock-stones, &c. are medicinal in this distemper. Let such persons also eat such food as is very nourishing, as parsnips, alifanders, skirits, and pine nuts: and let them take a dram of diasatryon in an electuary every morning. The stones of a fox dried to powder, a dram taken every morning in tent, is also very good in this case; and so also is a dram of satryon root, taken in like manner.

SECT. II. *Of the Signs of Insufficiency in Men; and Barrenness in Women.*

After married people have lived long together, and both seem likely, and yet neither of them have children, there often arises discontent between them, and both are troubled because they know not on what side the fault is. And though authors have left several ways to know whether the man or woman be defective, yet because I cannot confide in their judgements, I shall pass them by in silence, and rather lay down a few rules that may be depended upon, that many that are uncertain. But I must first premise, that women are subject to so many infirmities more than men, that the cause of barrenness is oftner on their side than the man's. For if the man has the instrument of generation perfect, being in health, and keeping a regular and temperate diet and exercise, I know no accidental cause of barrenness in him: whereas the cause of barrenness in a woman lies in her womb, and the infirmities incident thereunto; some of which are stopping of the menstrua, or their overflowing; as also the falling out thereof, and the inflammation, windiness, heat, and dryness thereof; for each of which we will prescribe proper cures.

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But to be more particular,

If a man or woman, in whom the instruments of generation appear no ways defective, would know whether the cause of barrenness be in themselves or their bed-fellow, let them take a handful of barley, or any other corn that will grow quickly, and keep half of it in the urine of a man, and the other half in the urine of a woman, during the space of 24 hours. Then take it out, and set it, the man's by itself, and the woman's by itself, in a flower-pot, or something else, where you may keep them dry. Then water the man's every morning with his own urine, and the woman's with hers; and that which grows is most fruitful; and that which does not grow denotes the person barren. Nor let any despise this trial: for seeing physicians will by urine undertake to tell a person of his or her diseases, why should not urine also shew whether a person be fruitful or not? But if in a man the instrument of generation is not perfect, it will be obvious to the sight, and if the yard be so feeble, that it will not admit of erection, it can never convey the seed into the womb, nor can there be in such a case any conception. But this is so plain and easily discerned, that it needs must be obvious to both parties, and the man who finds himself debilitated ought not to marry.

The case can't be so bad with the woman, though she be barren, but what her husband may make use of her, unless she be impenetrable, which (though it sometimes does) yet but rarely happens: and therefore the man is the most inexcusable if he transgress.

Besides what I have already mentioned, signs of barrenness in women are: if she be of an over-hot constitution, of a dry body, subject to anger, hath black hair, a quick pulse, her purgations slow little, and that with pain, and yet hath a violent desire to coition; but if she be of a cold constitution, then are the signs contrary to those recited. If barrenness be caused through an evil quality of the womb, it may be known by making a suffumigation of red storax, myrrh, cassia-wood, nutmeg, cinnamon, and letting her receive the fume of it into her womb, covering her very close. If the odour passeth through the body up into the mouth and nostrils, she is fruitful. But

if she feel not the same in her mouth and nose, it denotes barrenness one of these ways, viz. That the seed is either through cold extinguished, or through heat dissipated. And if a woman be suspected to be unfruitful, cast natural brimstone, such as is digged our of the mine, into her urine, and if worms breed therein she is fruitful. But this shall suffice to be said of the causes and signs of barrenness, 'tis now time to proceed to the cure.

SECT. III. *Of the Cure of Barrenness.*

In the cure of barrenness respect must be had to the cause; for the cause must be first removed, and then the womb strengthened, and the spirits of the seed enlivened by corroborating applications.

If barrenness proceeds from over-much heat, let her use inwardly, succory, endive, violets, water-lilies, sorrel and lettuce, with syrups and conserves made thereof, thus:

Take conserve of borage, violets, succory, water-lilies, of each one ounce, half an ounce of conserve of roses: diamargariton frigid, diatrion, sancalon, of each half a dram; with syrup of violets, or juice of citron, make an electuary.

Let her also take of endive, water-lilies, borage-flowers, of each a handful, rhubarb, myrobalans, of each three drams; with water make a decoction; add to the straining, the syrup laxative of violets one ounce, syrup of cassia half an ounce, manna three drams; make all into a potion. Take of the syrup of mugwort one ounce, syrup of maidenhair two ounces, pulv. elect. trionfat made all up into a julep. Apply to the reins and privities fomentations of the juice of lettuce, violets, roses, mallows, vine-leaves, and nightshade; let her also anoint her secret parts with the cooling ointment of galls. Baths are good for her to sit in. Let the air be clear, her garments thin, her food lettuce, endive, succory, and barley; but let her have no hot meats, nor strong wines, except it be waterish and thin. Rest is good for her both in body and mind: but she must use but little copulation, but may sleep as much as she will.

If barrenness be occasioned by the predominancy of cold extinguishing the power of the seed, which may be known by her desiring venery, and receiving no pleasure in the act
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of copulation, even while the man is spending his seed; her terms are flegmatick, thick, slimy, and flow not rightly: in this case let her take syrup of calamint, mugwort, betony, of each one ounce; water of pennyroyal, feverfew; hyssop, sage, of each two ounces; and make a julep. Let her take every morning two spoonfuls of cinnamon water, with one scruple of mithridate. Also, let her take oil of aniseed one scruple and a half, jasmine, diachylon both, dinoschi diaglang, of each one dram: sugar four ounces: with water of cinnamon make lozenges, and take of them a dram and a half twice a day, two hours before meals. Let her also fasten cupping-glasses to her hips and belly: and let her take storax calamita one ounce; mastick, cloves, cinnamon, nutmeg, lignum aloes, frankincense, of each half an ounce, musk ten grains, ambergrease half a scruple, with rose-water make a confection; divide it into four parts, of one make a pomum odoratum to smell to, if she be not hysterical: of the second make a mass of pills, and let her take three every night; of the third make a pessary, and put it up; of the fourth make a suffumigation for the womb.

If barrenness arises from the faculties of the womb being weakened, and the life of the seed suffocated by overmuch humidity flowing on those parts, let her take of betony, marjoram, mugwort, pennyroyal, balm, of each one handful; root of onrum, fennel, elecampane, of each two drams; aniseed, cumminseed, of each a dram, with sugar and water a sufficient quantity, of which make a syrup, and take three ounces every morning. Then purge with these pills following, take of pil. ext. two scruples; diagridion two grains; species de castore one scruple; make them up into nine pills with syrup of mugwort. Also take spec. diagminæ, diamoschi, diambæ, of each one dram; cinnamon one dram and a half: mace, cloves, nutmeg of each half a dram; sugar six ounces, with water of feverfew: make lozenges to be taken every morning. Likewise let her take of the decoction of sarsaparilla and viga aurea, with a good quantity of sage, which is an herb of that virtue, that Cornelius Agrippa honoured it with the title of sacra herba, a holy herb: and Dodonæus, in his history of plants, reports, that after a great plague had

had happened in Egypt, which had almost depopulated the country, the surviving women were commanded to drink the juice of sage, that they might multiply the faster. Let her also anoint her genitals with the oil of anniseed and spikenard. Trochiks to smother the womb are also very good. To make which, let her take mace, nutmeg, cinnamon, storax, amber, of each one dram; cloves, laden, of each half a dram; turpentine a sufficient quantity. Lastly, take the roots of valerian and elecampane, of each one pound; of galangal three ounces; organ, marjoram, betony, mugwort, bay-leaves, calamint, of each three handfuls; with water make an infusion, in which let her sit after she has had her courses. But to proceed,

If barrenness be caused by the dryness of the womb consuming the matter of the seed, let her take every day almond milk and goats milk, extracted with honey; eat often of the root Satyrion candied, and of the electuary of diasatyrion. Let her also take three sheep's heads, and boil them till the flesh comes from the bones; then take of the melilot, violets, camomile, mercury, orchies, with the roots of each, one pound; senugreek, linseed, valerian roots, of each a handful; let all these be decocted in the aforesaid broth, and let the woman sit in the decoction up to the navel. Also take of deer's suet half an ounce; cow's marrow, styracis liquidæ, of each a dram; or of sweet almonds two ounces; with silk or cotton make a pessary, and make injections only of fresh butter and oil of sweet almonds.

It sometimes happens that barrenness is caused by remissness in the manner of the act of coition; and though there be no impediment on either side, yet if both sexes meet not in that act with equal vigour, no conception follows; for many times the man is too quick for the woman, or rather the woman too slow for the man, and is not prepared to receive the seed with that delight which she ought, when it is emitted by the man; and those who follow the opinion of the ancients, that the woman contributes seed in the formation of the child as well as the man, are of opinion that there ought to be a joint emission both of the man and woman at the same instant, which, administering to both a very great delight, perfects the work of conception. But if in this case the woman be slack, it will be proper for the
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man to follow the advice given in chap. III. sect. 2. where both sexes are shewn how to manage themselves in the act of coition, that so by stirring up in the woman a desire to venery, she may meet his embraces with the greatest ardour. If this should prove ineffectual, let her before the act of coition foment the privities with the decoction of betony, sage, hyssop and calamint, anoint the mouth and head of the womb with musks and civet; and the cause of barrenness being removed, let the womb be corroborated by the following applications.

Take of bay berries, mastick, nutmeg, frankincense, cypress nuts, zadani, galbani, of each one dram; styracis liquidæ, two scruples; cloves, half a scruple; ambergrease, two grains; musk, six grains; then with oil of spikenard make a pessary. Also take red roses, with frankincense, lapidis hæmatitis, of each half an ounce; sanguis draconis, fine bole mastick, of each two drams; nutmeg, cloves, of each one dram; spikenard half a scruple, and with oil of wormwood make a plaister for the lower part of the belly. And let her eat of erringo roots candied, and make an injection of the juice of the roots of statyrion; and then let her use copulation soon after the menses are ceased, conception being most apt to follow; for then the womb is thirsty and dry, and aptest both to draw the seed and to retain it by the roughness of the inward superficies. A woman should be careful to avoid excess in all things, as being the greatest enemy to conception. For, should a woman conceive under care, study, &c. the child will probably be foolish, because the animal faculties of the parents were confused.

C H A P. V.

SECT. I. *How Women ought to govern themselves during their Pregnancy.*

FIRST, let a woman that is with child chuse a temperate air, not infected with fogs, and for that reason not near any marshy grounds, rivers, &c. But this cannot be avoided by some, their habitation falling out to be in such places. But those who can live where they please ought to avoid such places; as likewise the going abroad in too hot or cold weather: also when the south wind blows hard,

hard, for that often proves hurtful to women with child, and sometimes causes abortion.

Secondly, she ought also to be very cautious in the matter of her diet, chusing only those meats that create wholesome nourishment, and such as are moderately dry: and let her take care to prevent and avoid immoderate fasting, for that will weaken the infant, and render it of a sickly constitution, and sometimes causes abortion. And as all excesses are to be avoided; so she must take care not only of avoiding immoderate fasting, but likewise immoderate eating too, which will not only be apt to stuff up the child, but to swell it up to that degree, that it will endanger the life of itself and the mother in its birth. Let it suffice, that in general she avoids all meats which are too hot, or too cold and moist; such as sallads, spices, and hot meats, which often cause the child to be born before its time; and sometimes without nails, which foreshews a short life. And therefore in this case the most wholesome meats are pigeons, partridges, pheasants, larks, veal, mutton, or any meat that yields a good juice, and contributes kindly nourishment; as also, such fruits as are sweet and of easy digestion, as cherries, pears, damsons, and the like. But let her avoid, as pernicious, all such things as cause and create wind.

Care ought also to be taken with respect to her exercise, which ought to be moderate; for violent motion, either in walking or working, is hurtful and disturbing to the womb, especially riding upon the stones in a coach, or any other uneven place; and, in the like manner, all extraordinary sounds and noises should be avoided, especially the ringing of bells, and the discharging of great guns: neither ought she to give way to either immoderate laughing or weeping, or to anger, or any other passions, for that may be prejudicial to her.

SECT. II. *Further Rules for Women to observe during their Pregnancy.*

Though the act of coition is that without which conception cannot be, yet the immoderate use of it hinders the chief end for which it was designed. In the first four months after conception, she ought not to lie with her husband, at least sparingly, lest, by shaking the womb in that action, the

the courses should again be forced down. In the fifth and sixth months she ought also to abstain; but in the seventh, eighth, and ninth, it may freely be permitted, by reason it opens the passage, and facilitates the birth. To contribute the better towards which, the woman should be careful to keep her body soluble; syrups, and other opening things, being very helpful to nature in those operations. Let her not lace too close, lest the child be thereby hindered from coming to its full growth.

To prevent any disorder that may happen to her breasts by too much blood, which will cause curdled milk, let her wear a necklace of gold about her neck, or rather a small ingot of steel between her breasts, fomenting them a quarter of an hour every morning, with water distilled from ground-ivy, periwinkle and sage, being blood warm.

When her belly is swelling, and the motion is great, which will be about the fourth month, she may swathe it with a swathe-band, anointed with pomatum, or any other thing of that kind, to keep it smooth, and free from wrinkles. For which end it will be best to take of the caul of a kid, and of a sow, of each three ounces; capon-grease and goose-grease, of each one ounce and a half: and, having melted them all together, put thereto a quarter of a pint of water; after which strain them through a linen cloth into fair water, casting it to and fro therein till it be white; at which time add to it of marrow of a red deer one ounce, and lay it in red rose-water twelve hours. After the expiration of which you may use it, anointing the swathe and belly.

But if these ingredients are not easy to be had, you may make use of the following liniment, which will do almost as well as the other; take of mutton suet, (that which grows above the kidneys is best) and of dog's grease, of each two ounces, whale oil one ounce, and oil of sweet almonds the same quantity; wash them well, after they are melted together in the water of germander, or new white wine, and anoint the belly and swathe therewith. Those that care not to anoint their bellies may make use of the following bath or decoction: take of all sorts of mallow, and of mother-wort, each two handfuls; white lilly roots three ounces; melilot and camomile, of each two handfuls;
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lime seeds, quince seeds, and fenugreek seeds, three ounces; boil them well in spring water, and bathe therewith. If the woman, after her quickening, finds but little motion of the infant in her womb, let her make a quilt in the manner following, and bind it upon the navel, and it will much strengthen and comfort the infant: take the powder of roses, red coral, and jelly-flowers, of each two ounces; mastich a dram, angelica seeds two drams, amber grease two grains, and musk two grains; all which being well beaten, put them into a linen bag, spread them abroad and quilt it, that they may be in every part of it, placing it upon the navel, and it will have the desired effect. These things are sufficient to observe during the time of their pregnancy, that neither child nor mother may miscarry, but be brought to the birth at the appointed time.

C H A P. VI.

Directions for Midwives how to assist Women in the Time of their Labour; and how Child-bearing Women should be ordered in the Time of their Lying-in.

SECTION I. *How a Midwife ought to be qualified.*

A Midwife ought to be of a middle age, neither too old nor too young, and of a good habit of body, not subject to diseases, fears, or sudden frights; nor are the qualifications assigned to a good surgeon improper for a midwife, *viz.* a lady's hand, a hawk's eye, and a lion's heart: to which may be added activity of body, and a convenient strength, with caution and diligence, not subject to drowsiness, nor apt to be impatient. She ought to be sober and affable, not subject to passion, but bountiful and compassionate, and her temper chearful and pleasant, that she may the better comfort her patients in their sorrow. Nor must she be very hasty, though her business may perhaps require her in another place, lest she should make more haste than good speed. For above all, she ought to be qualified with the fear of God, which is the principal thing in every state and condition, and will furnish her, on all occasions, both with knowledge and discretion. But now I proceed to more particular directions.

SECT. II. *What must be done when the Woman's Time of Labour is come?*

When the time of birth draws near, and the good woman finds her travelling pains begin to come upon her, let her send for a midwife in time; better too soon than too late, and get those things ready which are proper upon such occasions. When the midwife is come, let the first thing she does be to find whether the true time of the birth be come. The want of observing this hath spoiled many a child, and endangered the life of the mother, or at least put her to twice as much pain as she needed: for unskilful midwives, not minding this, have given things to force down the child, and thereby disturbed the natural course of her labours; whereas nature works best in her own time and way. I do confess it is somewhat difficult to know the true time of some women's labour, they being troubled with pains so long before their true labour comes; in some, weeks before: the reason of which is, the heat of the reins, which is manifest by the swelling of the legs. And therefore, when women with child find their legs to swell much, they may be assured their veins are too hot. Wherefore my advice to such women is, to cool their reins before the time of their labour, which may be effectually done by anointing the reins of the back with the oil of poppies and violet, or water lillies, and thus they may avoid that hard labour which they usually undergo whose reins are hot: which, that they may the better prevent, let me recommend to you the decoction of plantain-leaves and roots, which is thus made: Make a strong decoction of them in water, and then having strained and clarified it with the white of an egg, boil it into a syrup with its equal weight of sugar, and keep it for use. But since it is so necessary for midwives to know the true time of a woman's labour, the following section will rightly inform them.

SECT. III. *Signs by which the true Time of Women's Labour may be known.*

When women draw near the time of their reckoning, especially with the first child, and perceive any extraordinary pains in their belly, they immediately send for their
 E midwife,

midwife, as taking it for their labour, though perhaps those pains which are so often mistaken for labour are only caused by the cholic, and proceed from wind; which pains, though they come and go, gripping the whole belly, are yet without any forcing downward into the womb, as is done by those that go before labour. But these cholic pains may be removed by warm cloths laid upon the belly; and the application of a clyster or two, by which those pains that precede a true labour, are rather furthered than hindered. There are also other pains incident to women in that condition from the flux of the belly, which are easily known by the frequent stools that follow them.

But to be speak more directly of the matter; the signs of labour some few days before are, that the woman's belly, which before laid high, sinks down, and hinders her from walking so easily as she used to do: also there flows from the womb slimy humours, which nature has appointed to moisten and make smooth the passage, that its inward orifice may be the more easily dilated when there is occasion, which, beginning to open at that time, suffers that slime to flow away, which proceeds from the glands, called *prestatæ*. These are signs preceding labour.

But when she is presently falling into labour, the signs are great pains about the reins and loins, which coming and retreating by intervals, answer in the bottom of the belly by congruous throes: and sometimes the face is red and inflamed, the blood being much heated by the endeavours a woman makes to bring forth the child: add likewise because during the strong throes her perspiration is intercepted, which causes the blood to have recourse to her face: her privy parts are also swelled by the infant's head lying in the birth, which by often thrusting, causes those parts to distend outwards. She is likewise much subject to vomiting, which is also a sign of good labour, and speedy delivery, tho' by a great many ignorant women thought otherwise; for good pains are thereby excited and redoubled: which vomiting is occasioned by the sympathy there is between the womb and the stomach: Also, when the birth is near, most women are troubled with a trembling of the thighs and legs; not with cold, like the beginning of

of an ague fit, but with the heat of the whole body; tho' this indeed does not happen always. Also, if the humours, which then flow from the womb, are discoloured with blood (which is what the midwife calls *serous*) it is an infallible mark of the birth's being near: and then if the midwife puts her finger up the neck of the womb, she will find the inner orifice dilated: at the opening of which the membranes of the infant, containing the waters, present themselves, and are strongly forced downwards with each pain she hath; at which time one may perceive them sometimes to resist the finger: And then again to press forwards, being more or less hard and extended, according as the pains are stronger or weaker. These membranes with the water in them, when they are before the head of the child, which the midwives call the gathering of the womb, to the touch of the fingers resembles those eggs which yet have no shell, but are covered only by a simple membrane. After this, pains still redoubling, the membranes are broken by the strong impresson of the waters, which presently flow away, and then the head of the infant is presently felt naked, and presents itself at the inward orifice of the womb. When those waters come thus away, then the midwife may be assured the birth is very near; this being the most certain sign that can be; for the amnion and allantois being broken which contained those waters by the pressing forward of the birth, the child is no more able to subsist long in the womb afterwards than a naked man in a heap of snow. Now, these waters if the child come presently after them, facilitate the labour, by making the passage slippery: and therefore let no midwife use means to force away the water: for nature knows best when the true time of the birth is, and therefore retains the water till the time; but if by accident the water breaks away too long before the birth, then such things as will hasten it may be safely administered.

SECT. IV. *What to be done at the Time of Labour.*

When the midwife is satisfied that it is the true time of labour, she must take care to get all things ready that are necessary to comfort the travailing woman in that time; and the better to do it, let her see that she be not strait-laced. She may also give her a pretty strong clyster, if she

finds there is occasion for it; but with this proviso, that it be done at the beginning, and before the child be too forward; for otherwise it will be difficult for her to receive it. The advantage of which clyster is, that the gut thereby will be excited to discharge itself of its excrements, and the rectum being emptied, there will be more space for the dilating of the passage; likewise to cause the pains to bear more downwards, through the endeavours she makes when other necessary things for her labour are put in order, both for the mother and the child.

As to the manner of the delivery, various midwife's use different ways: some are delivered sitting on a midwife's stool; but, for my own part, I think that a pallet-bed, girded and placed near the fire, that the good woman may come on each side, and be the more readily assisted, is much the best way.

And if the labouring woman abounds with blood it may not be improper to let her bleed a little, for by that means she will both breathe the better, and have her breath more at liberty, and likewise more strength to bear down her pain: and this may be done without danger, because the child being now ready to be born, needs not the mother's blood for its nourishment any longer; and not only so, but this evacuation does many times prevent her having a fever after delivery. Likewise if her strength will permit, let her walk up and down her chamber; and the better to enable her thereto, let her take some good strengthening things, such as new-laid eggs, jelly, broth, some spoonfuls of burnt-wine; and encourage her to hold off her pains, bearing them down when they take her all that she can. And let the midwife often touch the inward orifice with her finger, that she may better know whether the waters are going to break, and whether the birth will follow soon after; for generally the birth follows in two hours after the efflux of the water. And to help it afterwards, let her anoint the woman's privities with emolient oil, hog-grease, and fresh butter; especially if she finds them too hard to be dilated.

Let the midwife also be near the labouring woman all the while, and diligently observe her gestures, pains and complaints; for by this she may guess pretty well how her labour

labour goes forward ; for when she changes her groans into loud cries it is a great sign the birth is near ; at which time her pains are greater and more frequent. Let her also sometimes rest herself on her bed to renew her strength, but not too long at a time, for to lie too long at a time will retard her labour, and therefore 'tis better for her to walk about her chamber as much as she can ; which, that she may the better do, let the good woman support her under her arms, if it be necessary : for by walking, the weight of the child causes the inward orifice of the woman to dilate much sooner than it would do if she lay upon her bed ; besides her pains, by walking will be stronger and frequenter, and by consequence her labour will not be near so long. If she finds any sick qualms, let her not be discouraged ; and if she finds any motions to vomit, let her not suppress them, but rather give way to them : for it will (however uneasy and irksome they be for the present) be much for her benefit, because they further the pains, and provoke downwards.

SECT. V. *How to provide the Birth and cause speedy Delivery.*

When the birth is long deferred after the coming down of the waters, let her hasten the birth by drinking a good draught of wine, wherein dittany, red coral, juniper-berries, betony, pennyroyal, and feverfew, have been-boiled, or the juice of feverfew taken in its prime, (which is in May) and clarified, and so boiled up in a syrup, and twice its weight of sugar, is very good upon this occasion. Also mugwort used in the same manner works the same effect. And so also does a dram of cinnamon in powder, given inwardly, or tanfy bruised and applied to the privities. Likewise the stone *Ætites* held to the privities does in a very little time draw forth the child and the after-burden ; but great care must be taken to remove it gently, or else it will draw forth the womb and all, so great is its magnetic virtue. Also a decoction of savory made with white wine, and drank, gives a woman speedy delivery. Also wild tanfy or silver-weed bruised and applied to the woman's nostrils, is very good. So also are date stones beaten to powder, and half a dram of them taken in white wine : parsley is of excellent use on this occasion ; for if you bruise it, and press out the juice, and then dip a linen cloth in it, and put it up, being so

dipped, into the mouth of the womb, it will presently cause the child to come away, though it be dead, and will bring away the after-burden also. The juice of parsley being of great virtue, especially the stone parsley, being drank by a woman with child, it cleareth not only the womb, but also the child in the womb, of all gross humours. A scruple of castorū in powder, in any convenient liquor, is very good to be taken in such a case, and so also are two or three drops of spirit of castorū in any convenient liquor. Eight or nine drops of the spirit of myrrh, given in a convenient liquor, have the same effect. Or, give a woman in travail another woman's milk to drink, it will cause speedy delivery. Also the juice of leeks being drank with warm water hath a mighty operation, causing speedy delivery. Take piony seeds, beat them to powder, and mix the powder with oil; with which oil anoint the loins and privities of the woman with child; it gives her deliverance very speedily, and with less pain than can be imagined. And this may be noted for a general rule, that all those things, that move the terms are good for making the delivery easy. There are several other things efficacious in this case; but I need not heap medicines unnecessary, those I have already named being sufficient.

When any of the forenamed medicines have hastened the birth, let the midwife lay the woman in a posture for delivery. And first, let the woman be conducted to the pallet-bed, placed at a convenient distance from the fire, according to the season of the year; and let there be a quilt laid upon the pallet-bedstead, which is better than a feather bed, and let it have thereon a linen cloth in many folds, with such other things as are necessary, which may be changed according as the occasion requires it, that so the woman may not be incommoded with blood, waters, and other filth, which are voided in labour. Then let her lay the woman upon her back, having her head a little raised by the help of a pillow, having the like help to support her reins and buttocks, that her rump may lie high; for if she lie low, she cannot very well be delivered. Then let her keep her knees and thighs as far asunder as she can, her legs being bowed towards her buttocks, and let her feet be stayed against a log, or some other firm thing. And let two wo-

birth

men hold her two shoulders, that she may strain out the birth with the more advantage, holding in her breath, and forcing herself as much as possible in like manner as when she goes to stool: for by such straining the diaphragm, or midriff, being strongly thrust downwards, necessarily forces down the womb, and child in it. In the mean time, let the midwife encourage her all she can, and take care that she have no rings on her hands when she anoints the part: then with her finger let her gently dilate the inward orifice of the womb, and putting her fingers in the entry thereof, stretch them from one another when her pains take her, by this means endeavour to help forward the child, and thrusting by little and little the sides of the orifice towards the hinder part of the child's head, anointing those parts with fresh butter, in case it be necessary. And when the head of the infant is somewhat advanced into this inward orifice, it is usual among midwives to say it is crowned, because it both girds and surrounds it like a crown; but when it is gone so far, and the extremity begins to appear without the privy parts, they then say, the child is in the passage; and at this time the woman feels herself as if she was scratched or pricked with pins, and is ready to think that the midwife hurts her; whereas in truth it is only occasioned by the violent distention of those parts, which sometimes even suffer a laceration through the bigness of the child's head. When things are come to this posture, let the midwife seat herself conveniently to receive the child, which will now come very quickly; and with her fingers end, which she ought also to be sure to keep pared, let her endeavour to thrust the crowning of the womb back over the head of the child. And as soon as it is advanced as far as the ears, or thereabouts, let her take hold of the two sides with her two hands, and wait till the good pain comes, and then quickly draw forth the child, taking care that the navel-string be not entangled about the child's neck, or any other part, as sometimes it is, lest thereby the after-burden be pulled with violence, and perhaps the womb also, to which it is fastened, and so either cause her to flood, or else break the string, both which are of bad consequence to the woman, and render her delivery the more difficult. Great care must be taken that the head be not drawn forth strait,

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but shake it a little from one side to the other, that the shoulders may the sooner and easier take its place, immediately after it is past; which must be done without losing any time, lest the head being passed, the child stops there by the largeness of the shoulders, and so be in danger of being suffocated in the passage, as it has sometimes happened for want of care therein. When the head is born, she may slide in her fingers under the armpits, and the rest of the body will follow without difficulty. As soon as the midwife hath in this manner drawn forth the child, let her lay it on one side, lest the blood and water which follow it immediately should do it an injury, by running into its mouth and nose, as it would do if it lay on its back, and so endanger the choaking of it. The child being thus drawn forth, the next thing requisite is to bring away the after-burden; but before that, let the midwife be very careful to examine whether there be any more children in the womb; for sometimes a woman may have twins; of which the midwife may satisfy herself, both by the continuance of the woman's throes, and the bigness of her belly. But this is not so certain as to put her hand up the entry of the womb, and there feel whether another child is not presenting to the passage: and if so, she must have a care how she goes about the after-birth till the woman be delivered. The first string must be cut and tied with a thread three or four double, and the ends fastened with a string to the woman's thigh, to prevent the inconvenience it may cause by hanging between the thighs.

SECTION VII. *Of the After-burden.*

Until the after-burden is brought away, which sometimes is more difficult to do than the child, and altogether as dangerous, if it be not speedily done, the woman cannot properly be said to be safely delivered though the child be born.

Therefore as soon as the child is born, before the midwife either ties or cuts the navel string, lest the womb should close, let her, having taken the string, wind it once or twice about one or two of the fingers of the left hand; joined together, the better to hold it, with which she may only take single hold of it above the left, near the privities,
drawing

drawing likewise with that very gently, resting a while, with the fore finger of the same hand extending and stretching along the string towards the entry of the Vagina, always observing for the more facility to draw it from the side to which the burden least inclineth, for in so doing the rest will separate the better. And extraordinary care must be taken that it be not drawn forth with too much violence, lest by breaking the string near the burden the midwife be obliged to put her whole hand into the womb to deliver the woman; and she had need to take care in this matter, that so the womb itself, to which sometimes this burden is fastened very strongly, be not drawn away with it, which has sometimes happened. It is therefore necessary to assist nature with proper remedies, which are in general, whatever has been forementioned, to cause a speedy delivery: for whatever has magnetic virtue to bring away the birth, has the same to bring away the after-birth. Besides which, the midwife ought to consider that the woman cannot but be much spent by the fatigue she has already undergone in bringing forth the infant, and therefore should be sure to take care to give her something to comfort her. To which purpose some good jelly-broths, and a little wine, with a toast in it, and other comforting things, will be necessary. Sneezing being conducive to bring away the after-birth, let her take a little white hellebore in powder to cause her to sneeze. Tansey and the stone *Ætites*, applied as before directed, is very efficacious in this. The smoak of marygold flowers, received up a woman's privities by a funnel, will bring away the after-birth, though the midwife has lost her hold. Or if you boil mugwort in water till it be very soft, and then take it out and apply it like a poultice to the navel of the woman in travail, it instantly brings away both the birth and after-birth; but as soon as they are come forth, it must be instantly taken away, lest it should bring away the womb also.

SECT. VIII. *How to Cut the Child's Navel-string.*

After the birth and after-birth are safely brought away, the midwife ought to take care to cut the navel-string; which, though it be by some esteemed a thing of small matter, yet it requires none of the least skill of a midwife

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to do it with that care and prudence that it ought, and therefore to instruct the industrious midwife a little herein. As soon as the child is come into the world, let her consider whether it be weak or strong; and if it be weak, let her gently put back part of the vital and natural blood in the body of the child by the navel, for that recruits a weak child, the vital and natural spirits being communicated by the mother to the child by its navel string. But if the child be strong there is no need of it. Only it will not be amiss to let the midwife know, that many children that are born seemingly dead, may be brought to life again, if she squeeze six or seven drops of blood out of that part of the navel-string which is cut off, and give it to the child inwardly.

As to the cutting it short or long, authors can scarce agree about it, nor midwives neither: some prescribe it to be cut at four fingers breadth, which is at the best but an uncertain rule, unless all fingers were of an equal size. 'Tis a received opinion, that the parts adapted to generation are either contracted or dilated, according to the cutting of the navel-string; which is the reason that midwives are generally so kind to their own sex, that they leave a longer part of the navel-string of a male than the female, because they would have the male well provided for the encounters of Venus. And the reason they give why they cut those more short is, because they believe it makes them modest, and their parts narrower, which makes them more acceptable to their husbands. But whether this be so or not, (which yet some of the greatest searchers into the secrets of nature affirm for a truth) yet certain it is that great care ought to be used about cutting of the navel-string; and especially, that after it is cut, it be not suffered to touch the ground, for if it be, the child will never be able to hold its water, but be subject all its lifetime to a diabetes, as experience often confirms: but as to this manner of cutting the navel-string let the midwife take a brown thread, three or four times double, of an ell long, or thereabouts, tied with a single knot at each of the ends, to prevent their entangling; and with this thread so accommodated, (which the midwife ought to have in readiness before the woman's labour, as also a good pair of scissars, that so no time may
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be lost) let her tie the string within an inch of the belly with a double knot, and, turning about the ends of the thread, let her tie two or more on the side of the string, reiterating it again, if it be necessary; then let her cut off the navel-string another inch below the ligature towards the after-birth; so that there only remains but two inches of the string, in the midst of which will be the knot spoken of, which must be so strait knit as not to suffer a drop of blood to squeeze out of the vessels; but yet care must be taken not to knit it so strait as to cut it in two; and therefore the thread must be pretty thick, and pretty strait knit, it being better too strait than too loose. Some children have miserably lost their lives, before it hath been discovered that the navel-string was not well tied. Therefore great care must be taken that no blood squeeze through, for if there do, new knots must be made with the rest of the string. You need not fear to bind the navel-string very hard, because it is void of sense; and that part of it which you leave on falls off of its own accord in a few days, ordinarily six or seven, and sometimes in less time; but it very rarely tarries longer than the eighth or ninth day.

As soon as the navel-string is cut off, apply a little cotton or lint to the place to keep it warm, lest the cold enter into the body of the child, which it will unavoidably do in case it be not bound hard enough; and if the lint or cotton you apply to it be dipped in the oil of roses, it will be the better: then having put another small rag, three or four times double, upon the body of the child, above the navel, lay the string so wrapped upon it that it may touch the naked belly. Upon the top of all put another small bolster; and then swathe it in a linnen swathe, four fingers broad, to keep it steady, lest by rolling too much, or being continually stirred from side to side, it comes to fall off, before the navel-string which you left remaining is fallen off. 'Tis the usual custom of the midwives to put a piece of burnt rag to it; but I would advise them to put a small quantity of bole armoniac, because of its drying quality. Thus much may suffice as to cutting the navel-string and delivery of a woman in labour, where the labour is natural, and no ill accident happens. But it sometimes so falls out, that the labour is not only hard and difficult
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but unnatural also, in which the midwife must take other measures.

C H A P. VII.

What unnatural Labour is, and whence it proceeds;
and what the Midwife ought to do in such Cases.

SECT. I. *What unnatural Labour is.*

IT will be necessary to acquaint my reader, that there are three sorts of bad labour, all painful and difficult, but not all properly unnatural, which are as follows :

The first, properly filed hard labour, is that wherein the mother and child do suffer very much by extreme pain.

The second is difficult labour, different from the former, in that besides those extreme pains, it is generally attended with some unhappy accident, which, by retarding the birth, makes it very difficult : Neither of those, though hard and difficult, can be called unnatural ; for women to bring forth children in pain and sorrow is natural.

It is therefore the third sort of labour which I call unnatural ; and that is, when the child essays to come into the world in a contrary position to that which nature ordained. To explain this, the reader must know, that there is but one right and natural posture in which children come to the birth, and that is when the head comes first, and the body follows after in a strait line. If, instead of this, the child comes with its feet foremost, or with the side across, it is contrary to nature, or, to speak more plainly, unnatural.

SECT. II. *Whence hard, difficult, and unnatural labour proceeds.*

The true physical reason why women in general bring forth their children with so much pain, is, that the sense of feeling being distributed to the whole body by the nerves, and the mouth of the womb being so strait, that it must of necessity be dilated at the time of her delivery ; the dilating thereof stretcheth the nerves, and from thence cometh the pain : some women having more pain in their labour than others, proceeds from their having the mouth of the matrix more full of nerves than others.

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Hard and difficult labour may proceed either from the mother or child, or from both: It may proceed from the mother, by reason of a general indisposition of her body; or from the indisposition of some particular part, and that principally of the womb, which may be affected with such a weakness as renders the mother unable to expel her burden. It may be also because she is too young, or she may be too old, and so may have the passage too strait, and then, if it be her first child, the parts may be too dry and hard, and cannot easily be dilated. The cholic does also cause labour to be hard and difficult, because it hinders the true pain which should accelerate it; for which reason, all great and acute pains render a woman's labour very difficult. As when the woman is taken with a violent fever, frequent convulsions, a great flooding, or any other violent distemper, especially when the membranes are thick, and the orifice is too strait, or the neck of the womb not sufficiently opened.

Hard labour may also proceed from the child, and this is, either when it happens to stick to a mole, or is so weak it cannot break the membrane; also, when it is too big, either all over, or its head only; or, if the navel vessels should be twisted about its neck, as when it proves monstrous, or comes into the birth in an unnatural posture. Sometimes it proceeds from the ignorance of the midwife, who may hinder nature in her work.

SECT. III. How the Midwife must proceed in order to the Delivery of a Woman, in case of hard Labour and great Extremity.

In case the midwife finds a woman in difficult labour, she must endeavour to know the particular obstruction or cause thereof, that so she may apply a suitable remedy. When hard labour is caused by a woman's being too young and too strait, the passages must be anointed with oil, hog's lard, or fresh butter, to relax and dilate them the easier. But if a woman be in years, and has hard labour from her first child, let her lower parts be anointed to mollify the inward orifice, which in such case (being more hard and callous) does not easily yield to the distension of labour; and indeed this is the true cause why such women are longer in labour, and why their children in their birth are more

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subject to bruises than others. Those who are very lean, and have hard labour from that cause, let them moisten their parts with oil and ointments, to make them more smooth and slippery, that the head of the infant in the womb may not be compressed and bruised by the hardness of the mother's bones in its passage. But if the cause be weakness, she ought to be strengthened, the better to enable her to support her pain. Since difficult labour proceeds from divers causes, the midwife must make use of several remedies to women in hard difficult labour, which must be adapted to the causes from whence it proceeds.

I need not tell the judicious midwife, that in case of extremity, when the labour is not only hard, but difficult and dangerous, a far greater care must be had than at other times. In such cases the situation of the womb must be minded, and accordingly her posture of lying must be regulated; which will be best across the bed, being held by those that are of a good strength to prevent her slipping down, or moving herself, during the time of the operation. Then let her thighs be put asunder as far as may be, and held so, while her legs are bent backwards towards her hips, her head leaning upon a bolster, and the reins of her back supported in like manner, her rump and buttocks being lifted up; observing to cover her stomach, belly, and thighs, with warm linen, as well for decency's sake as to keep them from the cold.

The woman being in this posture, let the midwife or other operator put up her hand, and try if the neck of the womb be dilated, and then remove the contracted blood that obstructs the passage of the birth, and having gently made way, let the operator tenderly move the infant, having the head anointed with sweet butter, or an harmless pomatum, and if the waters are not come down they may be let forth without any difficulty. And if the infant should attempt to break forth, not with the head foremost or across, he ought gently to turn it, that he may find the feet; which having done, let him draw forth one, and having fastened it to a ribbon, put it up again, and finding the other, bring them as close as may be: let the woman breathe between whiles, assisting nature what she can by straining in bringing forward the birth, that so he may
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more easily draw it forth; and that the operator may do it the better, and his hold may be the surer, he must fasten or wrap a linen cloth about the child's thighs, observing to bring it into the world with its feet downwards.

But in case there be a flux of blood, let the operator be well satisfied whether the child or the secundine come first; for sometimes when the secundine has come first, the mouth of the womb has been thereby stopped, and the birth hindered, to the hazard both of the woman and child; and therefore, in this case, the secundine must be removed by a swift turn, and the child sought for, and drawn forth, as has been directed.

If upon enquiry, it appears that the secundine comes first, let the woman be delivered with all convenient speed, because a great flux of blood will follow; for then the veins are opened. And on this account two things are to be minded: first, whether the secundine advances forward much or little: if the former, and the head of the child first appears, it must be directed to the neck of the womb, as in the case of natural births; but if there appears any difficulty in the delivery, the best way is to search for the feet, and by them it may be put by with a gentle hand, and the child taken out first; but if the secundine is advanced, so that it cannot be put back, and the child follow it close, then the secundine is to be taken out forth with much care, and as swift as may be, and laid aside, without cutting the entrail that is fastened to them; for by that you may be guided to the infant, which, whether it be alive or dead, must be drawn forth by the feet as soon as possible; though this is not to be done but in case of great necessity, for the order of nature is for the secundine to come last.

SECT. IV. *Of the Delivery of a dead Child.*

In delivering women of a dead child, the operator ought to be certain that the child is dead, which may be known by the falling of the mother's breasts, the coldness of her belly, the thickness of her urine, which is attended with a stinking sediment at bottom; and no motion to be perceived in the child: Also, when she turns herself in her

bed, the child sways like a lump of lead, and her breath
 sinks, tho' not used to do so. When the operator is cer-
 tain that the child is dead, let him or her apply themselves
 to the saving of the mother, by giving her those things
 that are most powerful in serving nature in her operations.
 But if, through weakness, the womb is not able to co-
 operate with nature, so that a manual operation is abso-
 lutely necessary, let the operator carefully observe the fol-
 lowing directions, *viz.* If the child be found dead with its
 head foremost, he must take notice that the delivery will
 be the more difficult, because in this case it is not only im-
 possible that the child should any ways assist in its delivery,
 but the strength of the mother does also very much fail her,
 wherefore, the most sure and safe way for him is to put
 up his left hand, sliding it, as hollow in the palm as he can,
 into the neck of the womb, into the lower part thereof to-
 wards the feet, and then between the infant and the neck
 of the matrix; and having a hook in the right hand, couch
 it close, and slip it above the left hand, between the head
 of the child and the flat of the hand, fixing it into the
 bone of the temple towards the eye; or, for want of con-
 venient coming at that, observe to keep the left hand in
 its place, gently moving and stirring the head with it, and
 so with the right hand hook draw the child forward, en-
 couraging the woman to put forth her utmost strength,
 and always drawing when the woman's pangs are upon her.
 The head being thus drawn forth, the operator must, with
 all speed, slip his hand under the arm-holes of the child,
 and take it quite forth, giving immediately to the woman
 a toast of fine wheaten bread in a quarter of a pint of tent,
 to revive and cherish her spirits. By what I have already
 shewn, the midwife will know what to do in any other
 case that may fall out, remembering, that for a child to
 come head foremost, and the body to follow in a strait line,
 is the right posture for the child when it comes to the
 birth; and if it comes any other way, it will be the wis-
 dom of the midwife, if possible, to bring it to this posture;
 but if that cannot be done without very great danger, then
 put it in a posture that it may be brought forth by the
 feet. And the midwife perceiving in what posture the child
 presents, or that the woman floods, or any other accident
 happens,

happens, by which she finds it is not in her power to deliver it, it will be best for her to send for a man-midwife in time, rather than put things to the utmost extremity.

C H A P. VIII.

SECT. I. *Directions for Childbed Women after Delivery.*

AFTER the birth and after-birth are brought away, if the woman's body be very weak, keep her not too hot, for extremity of heat weakens nature, and dissolves the strength: but whether she be weak or strong, let no cold air come near her, for cold is an enemy to the spermatick parts; and if cold gets into the womb, it increases the after-pains, causes swellings in the womb, and hurts the nerves. Therefore if a woman has had very hard labour 'tis proper after delivery to wrap her in a skin of a sheep, taken as warm as possible, and putting the fleshy side to her reins and belly: if a sheep's skin cannot be well had, the skin of a hare or rabbit, taken off as soon as it is killed, may be applied to the same parts, and by so doing the dilation made in the birth will be closed up, and the melancholy blood expelled from those parts; and these may be continued during the space of an hour or two. After which, let the woman be swathed with a fine linen cloth, about a quarter of a yard in length, chafing her belly, before it be swathed, with the oil of St John's-wort; afterwards raise up the matrix with a linen cloth, many times folded, then with a little pillow or quilt cover her flank, place the swathe somewhat above the haunches, winding it indifferently stiff, applying, at the same time, a warm cloth to the nipples. Care should be taken not to apply any remedy to keep back the milk, because those remedies which drive back the milk, being of a dissolving nature, it is improper to apply them to the breast during such a disorder, lest evil humours should be contracted in the breast thereby; and therefore twelve hours at least ought to be allowed for the circulation and settlement of the blood.

After the woman has been delivered some time, you may make a retractive of the yolks of two eggs, a quarter of a pint of white wine, oil of St John's wort, oil of roses, plantain, and rose water, of each an ounce, mix them together,

fold a linen cloth, and dip therein, warm it before a gentle fire, and apply it to the breasts, and the pain of those parts will be greatly eased.

But be sure not to let her sleep soon after her delivery, but let her take some broth, or caudle, or any other liquid matter that is nourishing, about four hours after her delivery, and then she may be safely permitted to sleep, if she is disposed, as it is probable she will be, being tired with the fatigue of her labour. But before this, as soon as she is laid in her bed, let her drink a draught of burnt white wine, in which melt a dram of spermaceti. Let her also avoid the light for the first three days; for labour weakens the eye sight. The herb vervain is of singular service to the sight, and may be used any way, either boiled in meats or drink, not having the least offensive taste, but many pleasant virtues. If she should be feverish, add the leaves or roots of plantain to it; but if her courses come not away as they ought, let the plantain alone, and instead thereof put mother of thyme. If the womb is foul, which may be known by the impurity of the blood, and its stinking, and coming away in clotted lumps: or, if you suspect any of the after-birth to be left behind, which may sometimes happen, tho' the midwife be never so careful and skilful, then make her a drink of feverfew, pennyroyal, mother of thyme, boiled in white wine, and sweetened with sugar; panada and new laid eggs are the best meat for her at first; of which let her eat often, and but a little at a time. Let her use cinnamon in all her meats and drinks, for it mightily strengthens the womb; let her stir very little for six or seven days after her delivery; and talk little, for that weakens her. If she goes not well to stool, give a clyster made with the decoction of mallows, and a little brown sugar. After she has lain in a week, or more, give her such things as close the womb; to which you may add a little polypodium, both leaves and roots bruised, which will purge gently: This is as much in case of natural birth as needs at first be done.

SECT. II. *In Extremity of unnatural Labour.*

Let the woman be sure to keep a temperate diet; and take care that she does by no means overcharge herself, after such an excessive evacuation, not being misled by or giving credit to unskilful nurses, who are apt to admonish them to feed

feed heartily, the better to repair the loss of blood: for the blood is not for the most part pure, but such as have been detained in the vessels or membranes, and it is better voided for the health of a woman than kept, unless there happens an extraordinary flux of blood; for if her nourishment be too much, it may make her liable to a fever, and increase the milk to a superfluity, which may be of dangerous consequence. It is therefore requisite for the first five days especially, that she take moderately panada, broth, poach'd eggs, jelly of chickens and of calves feet, and French barley broth, each day somewhat increasing the quantity. And, if she intend to be nurse to her child, she may take a little more than ordinary to increase the milk by degrees; which must be of no continuance, but drawn off either by the child, or otherwise. In that case likewise, let her have coriander or fennel seed boiled in barley broth; and by that means, for the time before-mentioned, let her abstain from meat. If no fever trouble her, she may drink now and then a small quantity of white wine or claret, as also syrup of maidenhair, or any other syrup that is of an astringent quality, taking it in a little water well boiled. And after the fear of a fever, or contraction of humour to the breast is over, she may then be nourished more plentifully with the broths of pullets, capons, pigeons, partridges, mutton, veal, &c. which must not be till after eight days at least from the time of the delivery; for by that time the womb will have purged itself, unless some intervening accident should hinder. It will then be expedient to give her cold meats, so it be done sparingly, the better to gather strength; and let her during the time rest quietly, and free from any disturbance, not sleeping in the day time, if she can avoid it. If there happens any obstructions in the evacuation of excrements, the following clyster may be administered: Take pellitory of the wall, and of both the mallows, of each a handful; fennel and anniseed of each two ounces; boil them in the decoction of a sheep's head, and take of this three quarters, dissolving it in the common honey and coarse sugar, and of new fresh butter two ounces; strain it well, and administer it clyster-wise. But if this does not operate to your mind, then you may take an ounce of catholicon.

C H A P. IX.

Of a Mole or false Conception; and of Monsters and monstrous Births, with the reason thereof.

SECT. I. *Of a Mole, or false Conception.*

A Mole or false conception is nothing else but a mass or great lump of flesh, burdening the womb. It is an inarticulate piece of flesh without any form, and therefore differs from monsters, which are both *formata* and *articulata*; and then it is said to be a conception, but a false one, which puts a difference between a true conception and a mole; and the difference holds good three different ways: First, in the genus, because a mole cannot be said to be an animal. Secondly, it differs in species, because it hath no human figure, and bears not the character of a man. Thirdly, it differs in the individuum, for it hath no affinity with the parts of that in the whole body, or any particles of the same.

There are variety of judgments among authors about the producing cause of this effect, some affirming that it is produced by the woman's seed going into the womb without the man's; but because we have before proved that women have properly no seed at all, but only an ovalium, which is fecundated by the active principle of the man's seed, this opinion needs no confutation. Others say, it is engendered of the menstruous blood; but were this granted, it would follow that maids, by having their courses stopped, might be subject to the same, which never any yet were. The true cause of this carnous conception, which we call a mole, proceeds both from the man and the woman, from corrupt and barren seed in the man, and from the menstruous blood in the woman, both mixed together in the cavity of the womb; and nature finding herself weak, (yet desirous of maintaining the perpetuity of her species) labours to bring forth a vicious conception rather than none; and not being able to bring forth a living creature generates a piece of flesh.

This imperfect conception may be known to be such by the following signs. The monthly courses are suppressed, the belly is puffed up, and waxed hard, the breath smells, and

and the appetite is depraved. But you will say, these are signs of a breeding woman in true conception, and therefore these cannot distinguish a mole. To this I answer, Though thus they agree, yet they are different in several respects; for a mole may be felt in the womb before the third month, which an infant cannot; the motion of the mole being only caused by the faculty of the womb, and of the feminal spirit diffused through its substance; for tho' it has no animal, yet it has a vegetative life; and then the belly is suddenly swelled where there is a mole; but in true conception the belly is first contracted, and then riseth gradually. Another difference is, the belly being pressed with the hand, the mole gives way, and the hand being taken away, it returns to the place again; but a child in the womb, though pressed with the hand, moves not presently, and being removed, returns not all, or at least very slowly. But, to name no more, another very material difference is, that a child continues not in the womb above eleven months at most; but a mole sometimes continues four or five years, sometimes more or less, according to its being fastened to the matrix; for sometimes the mole hath fallen away in four or five months; and if it remains until the 11th month, the legs are feeble, and the whole body appears in a wasting condition, or the belly swells bigger and bigger, which is the reason that some who are thus afflicted, think they are hydropical, though it be no such thing; which a woman easily knows, if she will but consider that in a dropsy the legs will swell and grow big; in case of a mole they consume and wither. This distemper is an enemy to true conception, and of dangerous consequence; for a woman that breeds a mole is every way more inconvenienced than a woman that is with child, and all the while she keeps it, she lives in danger of her life.

The cure of this distemper consists chiefly in expelling it as soon as may be; for the longer it is kept the worse it is; and this many times cannot be effected without manual operation; but that being the last remedy, all other means ought to be first used. Amongst which, phlebotomy ought not to be omitted; for seeing letting of blood causeth abortion, by reason it takes away that nourishment that should sustain the life of the child, why may not this vicious
conception

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conception be by the same means deprived of that vegetative sap by which it lives? to which end open the liver vein, and then the saphana in both feet; fasten the cupping glasses to the loins and sides of the belly; which done, let the urinary part be first mollified, and the expulsive faculty be provoked to expel the burden. And to loosen the ligatures of the mole, take mallows with roots, three handfuls; pellitory, camomile, violet leaves, melilot, roots of fennel, parsley, mercury, of each two handfuls; fenugreek and lintseed, of each one pound; boil them in water, and make a bath thereof, and let her sit therein up to her navel. At her going out of the bath, let her reins and privities be anointed with this unguent: Take ammoniac, laudani, fresh butter, of each an ounce; and with oil of lintseed make an ointment; or, instead of this, may be used unguentum agrippæ or dialthæ. Also take aq. bryoniæ composit. roots of althæa and mercury, of each a handful; lintseed and barley meal, of each six ounces; boil all these with water and honey, and make a plaister; and the ligaments of the mole being thus loosened, let the expulsive faculty be stirred up to expel the mole: for the effecting of which, all those medicaments are very proper which bring down the courses. Therefore take savine, madder, valerian, horehound, sage, hyssop, betony, pennyroyal, calamint, hypericon, and with water make a decoction, and give three ounces of it, with an ounce and a half of syrup of feverfew. But if these remedies prove not available, then must the mole be drawn away by manual operation, in the manner following: Let the operator (having placed the woman in a proper posture, as has been directed in cases of unnatural labour) slide his hand into the womb, and with it draw forth the mole; but if it be grown so big that it cannot be drawn away whole, (which is very rare, because it is of a soft tender body, and much more pliable than a child) let the operator bring it away by parts, by using a crotchet or knife, if it cannot be done otherwise. And if the operator finds it is joined and fastened to the womb, he must gently separate it with his fingers ends, his nails being pared, putting them by little and little between the mole and the womb, beginning on the side where it does stick fast, and so pursue it till it be quite loosened, taking great

great care if it grows too fast not to rend or hurt the proper substance of the womb, proceeding as in the case of an after-burden, that stays behind in the womb when the string is broken off: but a mole has never any string fastened to it, nor any burden from whence it should receive any nourishment, but does of itself immediately draw it from the vessels of the womb. And thus much shall suffice to be said concerning a mole; of which I have shewn the cause, the signs, and the cure.

SECT. II. *Of Monsters and monstrous Births.*

Monsters are properly depraved conceptions, and are deemed by the ancients to be excursions of nature, and are always vicious, either by figure, situation, magnitude, or number.

They are vicious in figure, when a man bears the character of a beast; vicious in magnitude, when the parts are not equal, or one part is bigger than the other; and this is a thing very common, by reason of some excrescence. They are vicious in situation many ways; as if the ears were on the face, or the eyes on the breasts, or on the legs, as were seen in a monster born at Ravenna in Italy, in the year 1570: And lastly, vicious in number, when a man hath two heads, four hands, and two bodies joined, which was the case of the monster born at Zarzara in the year 1550.

As to the cause of their generation, it is either divine or natural. The divine cause proceeds from the permissive will of the great Author of our being, suffering parents to bring forth such deformed monsters, as a punishment for their filthy and corrupt affection, let loose unto wickedness, like brute beasts that have no understanding; for which reason the ancient Romans enacted, that those who were deformed should not be put into religious houses. And St Jerome, in his time, grieved to see the deformed and lame offered up to God in religious houses; and Kecherman, by way of inference, excluded all that were mishapen, because outward deformity of body is often a sign of the pollution of the heart, as a curse laid upon the child for the incontinency of the parents: Yet there are many born depraved, which ought not to be ascribed to the infirmity of the parents. Let us therefore search out the natural
cause

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cause of their generation, which, according to those who have dived into the secrets of nature, is either in the matter or the agent, in the seed, or in the womb. The matter may be in fault two ways, by defect or by excess. By defect when the child hath but one arm or leg, &c. by excess, when it has three hands or two heads. Some monsters are also begotten by women's bestial and unnatural coition, &c. The agent or womb may be in fault three ways: first, in the forming faculty, which may be too strong or too weak, which sometimes produces a depraved figure. 2dly, The evil disposition of the instrument or place of conception, will cause a monstrous birth. And, 3dly, The imaginative power at the time of conception, is of such force as to stamp a character of the thing imagined upon the child; thus a woman, at the time of conception, beholding the picture of a Blackamoor, conceived and brought forth a child resembling an Ethiopian; and by this the children of an adulteress, tho' begotten by another man, may have the nearest resemblance to her own husband. This power of imagination was well enough known to the ancients, as is evident by the example of Jacob, the father of the twelve tribes of Israel, who having agreed with his father-in-law to have all the spotted sheep for the keeping of his flock to increase his wages, took hasel rods, peeling them with white streaks in them, and laid them before the sheep when they came to drink, and they coupling together, whilst they beheld the rods, conceived and brought forth spotted young. Nor does the imagination work in the child at the time of conception only, but afterwards also; as was seen in the example of a worthy gentlewoman, who being big with child, and passing by a butcher killing meat, a drop of blood spirted on her face; whereupon she presently said that the child would have some blemish on his face, which proved true, for at the birth it was found marked with a red spot.

But besides the way already mentioned. Monsters are sometimes produced by other means; to wit, by the undue coition of a man and his wife when her monthly flowings are upon her; which being a thing against nature, no wonder that it should produce an unnatural issue. If therefore a man's desire be ever so great for coition (as some-
times

do also come in for a part : And therefore the sign Cancer presides in the uppermost part of the forehead ; Leo attends upon the right eye-brow, as Sagittarius does upon the right eye, and Libra upon the right ear : upon the left eye and eye-brow Aquarius and Gemini, and Aries the left ear ; Taurus rules in the middle of the forehead, and Capricorn the chin ; Scorpio takes upon him the protection of the nose ; Virgo claims the precedence of the right cheek, and Pisces of the left. And thus the face of man is canton'd out among the Signs and Planets ; which being carefully attended to, will sufficiently inform the artists how to pass a judgment : For, according to the Sign or Planet ruling, so also is the judgment to be of the part ruled, which all those that have understanding know easily how to apply.

In the judgement that is to be made from physiognomy, there is a great difference betwixt a man and a woman, because, in respect of the whole composition, men more fully comprehend it than women do, as will appear in the following section : Therefore the judgments we pass do properly concern a man, as comprehending the whole species, and but improperly the woman, as a part thereof, and derived from the man ; and therefore in the judgment about the lines and marks of a face, respect should be had to the sex ; for when we behold a man whose face is like unto a woman's ; or the face of a woman, who in respect of her flesh and blood is like unto a man, the same judgement is not pass'd on her, as on a man that is like unto her, in regard that the complexion of the woman is much different from that of a man, even in those respects which are said to be common ; therefore respect should be had to other parts of the body, as the hands, &c. Now, in these common respects, two parts are attributed to a man, and a third part to a woman.

Wherefore, it being our intention to give you an exact account, according to the rule of physiognomy, of all and every part of the members of the body, we will begin with the head, as it hath relation only to a man and woman, and not any other creature, that the work may be more obvious to every reader.

C H A P. II.

Of the Judgment of Physiognomy.

HAIR that hangs down without curling, if it be of a fair complexion, thin and soft, signifies a man to be naturally faint-hearted, and of a weak body, but of a quiet and harmless disposition. Hair that is big, and thick and short, denotes a man to be of a strong constitution, bold, secret, deceitful, and, for the most part, unquiet, and vain, lusting after beauty, and more foolish than wise, though fortune may favour him. He whose hair is partly curled and partly hanging down, is commonly a wise man or a very great fool, or else a knave. He whose hair groweth thick on his temples and his brow, one may at first sight certainly conclude that such a man is by nature simple, vain, luxurious, lustful, credulous, clownish in his speech and conversation, and dull in his apprehension. He whose hair not only curls very much, but busheth out, and stands on end, if the hair be white, or yellowish, he is by nature proud and bold, dull of apprehension, soon angry, a lover of venery, given to lying, malicious, and ready to do any mischief. He whose hair rises in the corners of his temples, and is also gross and rough, is a man highly conceited of himself, inclined to malice, but cunningly conceals it, is very courtly, and a lover of new fashions. He who hath much hair, that is, whose hair is thick all over his head, is naturally vain and very luxurious, of a good digestion, easy of belief, and slow of performance, of a weak memory, and for the most part unfortunate. He whose hair is of a reddish complexion, is, for the most part, if not always, proud, deceitful, detracting, venous, and full of envy. He whose hair is extraordinary fair, is, for the most part, a man fit for all praise-worthy enterprizes, a lover of honours, and much more inclined to do good than evil; laborious, and careful to perform whatever is committed to his care; secret in carrying on any business, and fortunate. Hair of a yellowish colour shews a man to be good-conditioned, and willing to do any thing, fearful, shamefaced, and weak of body, but strong in the abilities of the mind, and more apt to remember than revenge an injury. He whose

whose hair is of a brownish colour, and curleth a little, is a well disposed man, inclined to that which is good, a lover of peace, cleanliness, and good manners. He whose hair turns gray or hoary, in the time of his youth, is generally given to women, vain, false, unstable and talkative.

Note, That whatsoever signification the hair has in men, it has the same in women also.

Thus does wise Nature make our very hair
Shew all the passions that within us are;
If to the bottle we are most inclin'd,
Or, if we fancy most the female kind;
If into virtue's paths our minds we bend,
Or if to vicious ways our footsteps tend,
A skilful artist can unfold the same,
And from our hair a certain judgment frame:
But since our periwigs are come in fashion,
No room is left for such an observation.

The forehead that riseth in a round, signifies a man liberally merry, of a good understanding, and generally inclined to virtue. He whose forehead is fleshy, and the bone of the brow jutting out, and without wrinkles, is a man much inclined to suits of law, contentious, vain, deceitful, and addicted to follow ill courses. He whose forehead is very low and little, is of good understanding, magnanimous, but extremely bold and confident, and a great pretender to love and honour. He whose forehead seems sharp, and pointing up in the corners of his temple, so that the bone seems to jut forth a little, is a man naturally weak and sickle, and weak in his intellectuals. He whose brow upon the temple is full of flesh, is a man of a great spirit, proud, watchful, and of a gross understanding. He whose brow is full of wriakles, and hath as is were a seam coming down the middle of the forehead, is one that is of a great spirit, a great wit, void of deceit, and yet of a hard fortune. He who has a full large forehead, and a little round, destitute of hair, or at least that has little on it, is bold, malicious, high-spirited, full of choler, and apt to transgress beyond all bounds, and yet of a good wit. He whose forehead is long and high, jutting forth, and whose face is figured almost sharp and picked towards the chin, is one reasonably honest, but weak and simple, and of hard fortune.

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Who view men well may on their vices hit,
For some mens crimes are in their foreheads writ;
But the resolved man outbraves his fate,
And will be good, altho' unfortunate.

Those eye-brows that are much arched, whether in man or woman, and which by frequent motion elevate themselves, shew the person to be proud, high-spirited, vain-glorious, bold and threatening; a lover of beauty, and indifferently inclined to either good or evil. He whose eyelids bend downward when he speaks to another man, or looks upon him, and who has a kind of a skulking look, is by nature a penurious wretch, close in all his actions, of few words, but full of malice. He whose eye-brows are thick, and have but little hair upon them, is weak and credulous, very sincere, sociable, and desirous of good company. He whose eye-brows are folded, and the hair thick, and bending downwards, is one that is clownish, heavy, suspicious, miserable, envious, and will cheat and cozen you if he can. He whose eye-brow hath but short hair, and of a whitish colour, is fearful, easy of belief, and apt to undertake any thing. Those whose eye-brows are black, and the hair of them thin, will do nothing without great consideration, is bold and confident of the performance of what he undertakes, and is not apt to believe any thing without reason for so doing.

Thus by the eye-brows womens minds we know,
Whether they're white or black, or quick or slow:
And whether they'll be cursed or be kind,
By looking in their eye brows we may find.

If the space between the eye-brows be of more than ordinary distance, it shews the person to be hard-hearted, envious, close and cunning, apprehensive, greedy of novelties, addicted to cruelty more than love. But those men whose eye-brows are at lesser distance, are, for the most part, of a dull understanding; yet subtle enough in their dealings, and of an uncommon boldness, which is often attended with great felicity; but above all, they are most sure and constant in their friendship.

Great and full eyes either in men or women, shew the person to be for the most part slothful, bold, envious, a
bad

bad concealer of secrets, miserable, vain, given to lying, and yet of a bad memory, slow in invention, weak in his intellectuals, and yet very conceited of his abilities. He whose eyes are hollow in his head, and therefore discerns excellently well at a great distance, is one that is suspicious, malicious, furious, perverse in his conversation, of an extraordinary memory, bold, cruel, and false, both in words and deeds, proud, threatening, vicious, envious and treacherous: But he whose eyes are as it were starting out of his head, is a simple foolish person, shameless, very servile, and easy to be persuaded either to vice or virtue. He who looks studiously with his eyes downwards, is of a malicious nature, very treacherous, unfaithful, envious, miserable, impious towards God, and dishonest towards men. He whose eyes are small, and conveniently round, is bashful and weak, very credulous, liberal to others, and even in his conversation. He whose eyes look a-squint, is deceitful, unjust, envious, furious, a great liar, and, as the effect of all this, miserable. A wandering eye rolling up and down, denotes a vain, simple man, lustful, treacherous. He or she whose eyes are twinkling, and which move forward or backward, shew the person to be luxurious, unfaithful, presumptuous, treacherous, and hard to believe any thing that is spoken. If a person has any greenness mingled in the white of his eyes, such is commonly silly, and often very false and deceitful, unkind to his friends, a great concealer of his own secrets, and very cholerick. Those whose eyes roll up and down, or those who seldom move their eyes, but when they do, draw them inwardly, and fasten them upon some object, such are by their inclinations very malicious, vain-glorious, slothful, unfaithful, envious, false and contentious. They whose eyes are addicted to blood-shot, are naturally cholerick, proud, disdainful, cruel, shameless, perfidious, and much inclined to superstition. They who have eyes like oxen, are persons of good nutriment, but of a weak memory, dull understanding, and silly in their conversation: But they whose eyes are neither too little, nor too big, and inclined to a black, do signify a man mild, peaceable, honest, witty, and of a good understanding; and one that, when need requires, will be serviceable to his friend.

Thus

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Thus from the eyes we sev'ral things may see,
 By nature's art, of physiognomy,
 That no man scarce can make a look away,
 But we thereby some secret symptoms may
 Discern of his intention, and foresee
 Unto which path his steps directed be;
 And this may teach us goodness more to prize,
 For where one's good, there's twenty otherwise.

A long and thin nose, denotes a man bold, curious, angry, weak and credulous, easy to be persuaded either to good or evil. A long nose and extended, its tip beoding downwards, shews the person to be wise, discreet, officious, honest and faithful, and who will not be easily over-reached. A bottle-nose denotes a man to be impetuous in the obtaining his desires, vain, false, luxurious, weak, credulous. A nose broad in the middle, and less towards the end, denotes a vain talkative person, a liar, and one of hard fortune. He who hath a long and great nose, is an admirer of the fair sex, well accomplished for the wars of Venus, but ignorant of any thing that is good; assiduous in obtaining what he desires, and though very ignorant, would fain be thought very knowing. A nose sharp on the tip of it, and neither too long nor too short, too thick nor too thin, denotes the person, if a man, to be of a fretful disposition, always pining and peevish; and if a woman, a scold, contentious, wedded to her own humour; and, if married, a plague to her husband. A nose very round at the end of it, and having but little nostrils, shews the person to be munificent and liberal, true to his trust, but credulous, proud and vain. A nose very long and thin at the end of it, and something round, signifies one bold in his discourse, honest in his dealings, patient in receiving, and slow in offering injuries, but yet privately malicious. He whose nose is naturally more red than any other part of his face, is denoted to be covetous, luxurious, and an enemy to goodness. A nose that turns up again, and is long and full on the tip of it, shews the person to be bold, proud, covetous, envious, a liar and deceiver, vain-glorious, contentious, and unfortunate. He whose nose riseth high in the middle, is prudent, politick, courageous, honourable
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in his actions, and true to his word. A nose big at the end, shews a person to be of a peaceful disposition, industrious, faithful, and of a good understanding. A very wide nose, with wide nostrils, denotes a man dull of apprehension, and inclined more to simplicity than wisdom, and withal contentious, vain-glorious, and a liar.

Thus from the nose our physiognomist

Can smell men's inclinations if he list:

And from its colour, and its make,

Of vice and virtue a survey can take.

When the nostrils are close and thin, they denote a man to have but little testicles, and to be very desirous of the enjoyment of women, but modest in his conversation. But he whose nostrils are great and wide, is usually well hung and lustful; but of an envious, bold and treacherous disposition; and tho' dull of understanding, yet confident.

Thus those who chiefly mind the brutal part,

May learn to chuse a husband by this art.

A great wide mouth shews a man to be bold, warlike, shameless, stout, a great liar, talkative, and a great eater; but dull as to his intellects. A little mouth shews the person to be of a quick and pacific temper, somewhat fearful, but faithful, secret, modest, bountiful, and a little eater. He whose mouth smells of a bad breath, is one of a corrupted liver or lungs, is oftentimes vain, wanton, deceitful, of indifferent intellects, envious, covetous, and a promise-breaker. He that has a sweet breath, is the contrary.

Thus from the mouth itself, we likewise see

What signs of good and bad may gather'd be:

For let the wind blow east, west, north, or south,

Both good and bad proceed out of the mouth.

The lips when they are very big and blubbering, shew a person to be credulous, foolish, dull, and stupid, and apt to be enticed to any thing. Lips of a different size, denote a person to be discreet, secret, judicious, of a good wit, but somewhat hasty. To have lips well coloured, and more thin than thick, shews a person to be good-humoured, and more easily persuaded to good than evil. To have one lip bigger than the other, shews variety of fortunes, denotes a dull sluggish temper, and an indifferent understanding.

The lips, they so much doat on for a kiss,
Oft tell fond lovers when they do amiss.

When the teeth are small, and but weak in performing their office, and especially if they are short and few, tho' the party to be of a weak constitution, yet they denote him to be of a meek disposition, honest, faithful, and secret in whatsoever he is entrusted with. To have some teeth longer and some shorter than others, denotes a person to be of a good apprehension, but bold, disdainful, envious and proud. To have teeth very long, and growing sharp towards the end, if they are long in chewing, and thin, denotes the person to be envious, gluttonous, bold, shameless, unfaithful and suspicious. When the teeth look very brown or yellowish, whether they be long or short, it shews the person to be of a suspicious temper, envious, deceitful and turbulent. To have teeth strong and close together, shews the party to be of a long life, a desirer of novelties, and things that are fair and beautiful, but of an high spirit, and one that will have his humour in all things; he loves to hear news, and afterwards to repeat it, and is apt to entertain any thing in his own behalf. To have teeth thin and weak, shews a weak feeble man, and one of short life, and of a weak apprehension; but chaste, shamefaced, tractable, and honest.

Thus from the teeth the learned can pretend
Whether man's steps to vice or virtue bend.

A tongue too swift in speech, shews a man to be downright foolish, or at best but a very vain wit. A stammering tongue, or one that stumbles in the mouth, signifies a man of a weak understanding, of a wavering mind, quickly in a rage, and soon pacified. A very thick and rough tongue denotes a man to be apprehensive, subtle, and full of compliments, yet vain and deceitful, treacherous, and prone to impiety. A thin tongue shews a man of wisdom and sound judgment, very ingenious, and of an affable disposition, yet sometimes timorous, and too credulous.

No wonder 'tis that from men's speech we see
Whether they wise, or whether foolish be:
But from a silent tongue our authors tell
The secret passions within men that dwell.

A great and full voice in either sex, shew them to be of a great spirit, confident, proud and wilful. A faint and weak voice, shews a person of a good understanding, nimble fancy, a little eater, but weak of body and timorous. A loud and shrill voice, denotes one sagacious and ingenious, but capricious, vain-glorious, and too credulous. A strong voice when a man sings, denotes a strong constitution, a good understanding, ingenious, amorous. A weak and trembling voice, denotes one to be envious, suspicious, slow in business, and fearful. A loud shrill and unpleasant voice, signifies one bold and valiant, but quarrelsome, injurious, and wedded to his own humour. A rough and hoarse voice, declares one to be a dull and heavy person, of much guts and little brains. A full and yet mild voice, and pleasing to the hearer, shews a person to be quiet and peaceable, thrifty and secret, not prone to anger. A voice beginning low or in the base, and ending high in the treble, denotes a person to be violent, angry, bold, secure.

Thus by our voice 'tis to an artist known
Unto what virtue or what vice we're prone :
And he that of a good wife will make choice,
May chuse her by observing of her voice.

A thick and full chin, abounding with flesh, shews a man inclined to peace, honest, but slow in invention, and easy to be drawn to good or evil. A picked chin, reasonably full of flesh, shews a good understanding, a high spirit, and laudable conversation. A double chin, shews a peaceable disposition, but dull apprehension, vain, credulous, and secret in his actions. A crooked chin, bending upwards, and picked for want of flesh, is, according to nature, a very bad man, proud, impudent, envious, threatening, deceitful, prone to anger and treachery, and a great thief.

Thus, from the forehead to the chin, we've shown
How mankind's inclinations may be known ;
From which th' observing reader still must find
We're more to evil, than to good inclin'd.

Young men usually have hair begin to down upon their chins at 15 years of age, and sometimes sooner. These hairs proceed from the superfluity of heat, the fumes whereof ascend to their chins, like smoak to the funnel of a chimney ; and because it can find no open passage by which

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it may ascend higher, it vents itself in hairs which are called the beard. There are few women that have hair on their cheeks, and the reason is, those humours which cause hair to grow on the cheeks of a man, are evacuated by women in their monthly courses, which they have more or less, according to the heat or coldness of the constitution: Yet sometimes women of a hot constitution have hair on their cheeks, but more commonly on their lips, or near their mouths, where the heat most aboundeth: And such women are much addicted to the company of men, and of a strong and manly constitution. A woman who hath little hair on her cheeks, or about her mouth and lips, is of a good complexion, weak constitution, shame-faced, mild and obedient; whereas a woman of a more hot constitution is otherwise. But in a man, a beard well composed and thick of hair, signifies him good-natured, honest, loving, sociable, and full of humanity; on the contrary, he that hath little beard, is, for the most part, proud, pining, peevish, and unsociable. They who have no beards, have always shrill and strange squeaking voices, are of a weak constitution, as is apparent in the case of eunuchs, who, after they are deprived of their virility, are transformed from the nature of men into the condition of women.

Of men and women's beards I might say more,
But prudence bids me this discourse give o'er.

Great and thick ears are certain signs of a foolish person, of a bad memory, and worse understanding: But small and thin ears, shew a person to be of good wit, grave, secret, thrifty, modest, of good memory, and willing to serve his friend. Ears longer than ordinary, signifies a bold man, uncivil, vain, foolish, of small industry, but a great stomach.

Who his just praise unwillingly does hear,
Shews a good life, as well as a good ear.

A face apt to sweat on every motion, shews the person to be of a hot constitution, vain, luxurious, of a good stomach, but bad understanding, and a worse conversation. A very fleshy face, denotes a fearful disposition, a merry heart, bountiful and discreet, easy to be entreated, and apt to believe every thing. A lean face, denotes a good understanding, but somewhat capricious and disdainful in his conversation. A little round face shews a person to be simple,

simple, fearful, of a bad memory, and a clownish disposition. A plump face and full of carbuncles, shews a man to be a great drinker, vain and daring. A face red or high-coloured, shews a man to be choleric, and not easily pacified. A long and lean face, shews one to be bold in speech and action, but foolish, quarrelsome, proud, and injurious. A face every way of a due proportion, denotes an ingenious person, fit for any thing, and well inclined. A broad full fat face, shews a dull heavy constitution, and that for one virtue has three vices. A plain flat face, without any rising, shews a person to be very wise, loving, and courtly, faithful to his friend, and patient in adversity. A face sinking down a little, with creases in it, inclining to leanness, denotes a person to be laborious, but envious, deceitful, false, quarrelsome, vain, silly, and clownish. A face of a handsome proportion, and more inclining to fat than lean, shews a person just in his actions, true to his word, civil and respectful, and of an extraordinary memory. A crooked face, long and lean, denotes a man endued with as bad qualities as the face is with ill features. A face broad about the brows, and sharper and less towards the chin, shews a man simple and foolish, vain, envious, deceitful, and quarrelsome. A face well-coloured, full of good features, of an exact symmetry and just proportion, is commonly the index of a fairer mind, and shews a person to be well disposed; but yet virtue is not so impregnably seated there, but that by strong temptation, especially of the fair sex, it may be supplanted and overcome by vice. A pale complexion, shews the person not only to be fickle, but malicious, treacherous, proud, and extremely unfaithful. A face well coloured, shews the person to be of a praise-worthy disposition, sound complexion, easy of belief, respectful to his friend, ready to do a courtesy, and very easy to be drawn to any thing.

Thus physiognomy readeth in each face

What vice or virtue we're most prone t'enbrace;

For in man's face there hardly is a line

But of some inward passion 'tis a sign;

And he that reads this section o'er, may find

The fairest face has still the clearest mind.

A great head, and round withal, denotes the person to be

secret, ingenious, laborious, constant, and honest. The head whose gullet stands forth, and inclines towards the earth, signifies a person thrifty, wise, peaceable, secret, of a retired temper, and constant in the management of his affairs. A long head and face, and great withal, denotes a vain, foolish, and idle person, credulous, and envious. To have one's head always shaking and moving from side to side, denotes a shallow, weak, unstable person, given to lying, a great talker, and prodigal in all his fortunes. A big head and broad face, shew a man to be courageous, a great hunter after women, suspicious, bold, and shameless. A very big head, but not so proportionate to the body, and a short neck and gullet, denotes a man of apprehension, wise, ingenious, of sound judgment, faithful, true, and courteous to all. He who hath a little head, and long slender throat, is generally weak, yet apt to learn, but unfortunate in his actions. And so much shall suffice with respect to judgment from the head and face.

C H A P. III.

Of Judgments drawn from several parts of Man's Body, &c.

IN the body of a man, the head and face are the principal parts, being the index which heaven has laid open to every one's view, to make a judgment therefrom, therefore I have been the larger in my judgment from the several parts thereof. But as to the other parts not so obvious to the eyes, I shall be much more brief; yet I would proceed in order.

The throat, if it be white, whether it be fat or lean, shews a man to be vain glorious, timorous, wanton, and much subject to choler. If the throat be so thin and lean that the veins appear, it shews a man to be weak, slow, and of a dull and heavy constitution.

A long neck shews one to have a long and slender foot, and that he is stiff and inflexible. A short neck shews one to be witty and ingenious, but deceitful and inconstant, and a great lover of peace and quietness.

A lean shoulder-bone signifies a man to be weak, timorous, peaceful, not laborious, and yet fit for any employment.

ment. Large shoulder bones, denotes a strong man, faithful, but unfortunate; somewhat dull of understanding, laborious, contented, a great eater and drinker. He whose shoulder-bone seems to be smooth, is modest and temperate. He whose shoulder-bone bends, and is crooked inwardly, is commonly a dull person, and deceitful.

Long arms hanging down, and touching the knees, denotes a man liberal, but vain-glorious, proud, and inconstant. He whose arms are very short in respect of his body, is a man of high and gallant spirit, and of a graceful temper. He whose arms are full of bones, sinews, and flesh, is a great desirer of novelties, credulous, and apt to believe every thing. He whose arms are very hairy, whether they be lean or fat, is, for the most part, a luxurious person, weak in body and mind, very suspicious and malicious. He whose arms have no hair on them at all, is of a weak judgment, angry, vain, wanton, credulous, a deceiver, and very apt to betray his dearest friends.

C H A P. IV.

Of Palmistry, shewing the various Judgments drawn from the Hand.

BEING engaged, in this third part, to shew what judgments may be drawn, according to physiognomy, from the several parts of the body, and coming, in order, to speak of the hands, it has put me under a necessity of saying something about palmistry, which is a judgment made of the conditions, inclinations, and fortunes of men and women, from the various lines and characters nature has imprinted in their hands, which are almost as various as the hands that have them.

The reader should remember that one of the lines of the hand, and which indeed is reckoned the principal, is called the line of life; this line incloses the thumb, separating it from the hollow of the hand. The next to it, called the natural line, takes its beginning from the rising of the fore-finger, near the line of life, and reaches to the table line, and generally makes a triangle. The table line, commonly called the line of fortune, begins under the little-finger, and ends near the middle-finger. The girdle of Venus, which is another line so called, begins near the first joint

of the little-finger, and ends between the fore-finger and the middle-finger. The line of death is that which plainly appears in a counter line to that of life, and is called the sifter line, ending usually as the other ends; for when the line of life is ended, death comes, and it can go no farther. There are lines in the fleshy parts, as in the ball of the thumb, called the Mount of Venus; under each of the fingers are also mounts, each governed by several planets; and the hollow of the hand is called the Plain of Mars: Thus,

The thumb we to Dame Venus's rule commit,
 Jove the fore-finger sways as he thinks fit;
 Old Saturn does the middle-finger guide;
 O'er the ring-finger Sol does still preside:
 The outside brawn pale Cynthia does direct;
 And into th' hallow Mars does much inspect:
 The little-finger does to Merc'ry fall,
 Which is the nimblest planet of them all.

I proceed to give judgment from the several lines. In Palmistry the left hand is chiefly to be regarded, because therein the lines are most visible, and have the strictest communication with the heart and brain. In the next place, observe the line of life, and if it be fair, extending to its full length, and not broken with an intermixture of cross lines, it shews long life and health; and it is the same if a double line of life appears, as there sometimes does. When stars appear in this line, it signifies great losses and calamities; if on it there be the figures of two G's or a Y, it threatens the person with blindness; if it wraps itself about the table line, it promises wealth and honour to be attained by prudence and industry. If the line be cut, jagged at the upper end, it denotes much sickness; if this line be cut by any lines coming from the Mount of Venus, it declares the person to be unfortunate in love and business also, and threatens him with sudden death. A cross between the line of life and the table line, shews the person to be very liberal and charitable, and of a noble spirit.

The table-line, when broad and of a lively colour, shews a healthful constitution, a quiet contented mind, and a courageous spirit; but if it have crosses towards the little finger, it threatens the party with much affliction by sickness. If the line be double, or divided into three parts at any of the extremities,

extremities, it shews the person to be of a generous temper, and a good fortune to support it; but if this line be forked at the end, it threatens the person shall suffer by jealousies, and loss of riches gotten by deceit. If three points such as these $\therefore$ are found in it, they denote the person prudent and liberal, a lover of learning, and of a good temper. If it spreads towards the fore and middle finger, and ends blunt, it denotes preferment.

The middle line has in it often very significant characters. Many small lines between this and the table-line threaten the party with sickness, but also give him hopes of recovery. A half cross branching into this line, shews honour, riches, and good success in all undertakings. A half moon denotes cold and watery distempers; but a sun or star promises prosperity and riches: This line double, in a woman, shews she will have several husbands, but no children.

If the line of Venus happens to be cut or divided near the fore-finger, threatens ruin to the party, and that it shall befall him by means of lascivious women and bad company. Two crosses on this line, one near the fore-finger, and the other bending towards the little-finger, shews the party to be weak, inclined to modesty and virtue; and in women generally denotes modesty.

The liver line, if it be straight, and crossed by other lines, denotes a sound judgment, and a piercing understanding; but if it be winding, crooked, and bending outward, it shews deceit and flattery. If it makes a triangle or quadrangle, it shews one to be of a noble descent, ambitious of honour and promotion. If this line and the middle line begin near each other, it denotes a man to be weak in judgment, but if a woman, danger by hard labour.

The plan of Mars being in the hollow of the hand, most of the lines pass through it, is very significant. Being hollow, and the lines crooked and distorted, it threatens the party to fall by his enemies. When the lines beginning at the wrist are long within the plan, reaching to the brawn of the hand, it shews the person to be of a hot and fiery spirit, given to quarrelling. If deep large crosses be in the middle of the plan, it shews the party shall obtain honour by martial exploits; but if a woman, that she shall have several husbands, and easy labour with her children.

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The line of death is fatal, and threatens with sickness and a short life, when crosses appear in it. A clouded moon therein threatens a childbed woman with death. A bloody spot denotes a violent death. A star, like a comet, threatens ruin by war, or death by pestilence: But if a bright sun appears therein, it promises long life and prosperity.

The lines in the wrist being fair, denote good fortune, but if broken and crossed, the contrary.

Thus he that Nature richly understands,
May, from each line imprinted in his hands,
His future fate and fortune come to know,
And in what path it is his feet shall go;
His secret inclinations he may see,
And to what vice he shall addicted be:
To th' end that, when he looks into his hand,
He may upon his guard the better stand,
And turn his wand'ring steps another way
Whene'er he finds he does from virtue stray.

C H A P. V.

Judgments drawn from the several parts of the Body.

A Large and full breast, shews a man valiant, but proud, soon angry, and hard to deal with. He whose breast is narrow, rising a little in the middle, is, by the best rules of physiognomy, of a clear spirit, great understanding, very faithful, clean both in mind and body, yet soon angry, and inclined long to keep it. He whose breast is something hairy, is very luxurious, and serviceable to another. He who hath no hairs upon his breast, is a man weak by nature, of a slender capacity, timorous, but of laudable life and conversation, much retired, and inclined to peace.

The back of the chine bone, if the flesh is hairy and lean, and higher than any other part behind, signifies a man shameless, beastly, and malicious. He whose back is large and fat, is thereby denoted to be strong and stout, but of a heavy disposition, vain, slow, and full of deceit.

He or she whose belly is soft all over, is weak, lustful, and fearful, of good understanding, an excellent invention, a little eater, of various fortune. He whose flesh is rough and hard, is of strong constitution, very bold, but proud,
vain,

vain, and of a cruel temper. He whose skin is smooth, fat, and white, is curious, vain-glorious, timorous, malicious.

A thigh full of strong bristly hair, inclined to curl, signifies one lustful, and fit for copulation; thighs with little hair, and that soft, shews the person to be chaste, having no great desire to venereal pleasures, and will have but few children.

The legs of both men and women have a fleshy substance behind, called calves; now, a great calf, and large bone, and hairy, denotes the person to be strong, bold, dull in understanding, slow in business, inclined to procreation, and, for the most part, fortunate. Little legs, and little hair on them, shews the person to be weak, fearful, of a quick understanding, and neither luxurious at bed or board. He whose legs do much abound with hair, is lustful, luxurious, strong, but sickle, and abounding with ill humours.

The feet of either man or woman, if broad and thick with flesh, and long in figure, especially if the skin feels hard, are of a strong constitution, but of weak intellects. But feet that are thin and lean, and soft, shews a weak body, but a strong understanding, and excellent wit.

The soles of the feet do administer as plain and evident signs to know the disposition and constitution by, as the palms of the hands, being as full of lines, by which all the fortunes or misfortunes of man or woman may be known, and their inclinations appear. But this in general we may take notice of, that many long lines and strokes do presage many afflictions, and a very troublesome life, attended with much grief, care, and poverty: But short lines, if they are thick, and full of cross lines, are yet worse in every degree. Those, the skin of whose soles are very thick, are generally strong and venturous; whereas, those the skin of whose soles are thin, are generally weak and timorous.

I shall now, having given an account of what judgments may be formed from the several parts of the body, before I conclude, give an account of what may be drawn, by the rules of Physiognomy, from things extraneous, which are found upon many, and which indeed to them are parts of the body, but are so far from being necessary parts, that they are the deformity and burden of it, and speak of the habits of the body as they distinguish persons.

I. *Of crooked and deformed Persons.*

A Crooked breast or shoulder, or the exuberance of flesh in the body either of man or woman, signifies the person to be extremely parsimonious and ingenious, and of great understanding, but very covetous, deceitful, malicious, and of a bad memory; either extremely virtuous or vicious, seldom in a medium. But if the person deformed hath an excrescence on his breast, instead of the back, he is for the most part of a double heart, and very mischievous.

II. *Of the divers Manners of going, and particular Postures both of Men and Women.*

HE or she that goes slowly, making great steps as they go, are generally persons of bad memory, dull of apprehension, given to loitering, and slow of belief. He who goes apace, and makes short steps, is most successful in all his undertakings, swift in his imaginations, and humble in the disposition of his affairs. He who makes wide and uneven steps, and side-long, is one of a greedy sordid nature, subtle, malicious, and wills to do evil.

III. *Of the Gait or Motion in Men and Women.*

EVery man and woman hath a certain gait or motion. For a man to be shaking his head, or using any light motion with his hands or feet, whether he stands or sits, or speaks, is superfluous, unnecessary, and unhandsome; and such, by the rules of physiognomy, are vain, unwise, unchaste, detractors, unstable, and unfaithful. He or she who have little motion when discoursing with any one, is, for the most part, wise, well-bred, frugal, faithful, industrious, and fit for any employment. He whose posture is forwards and backwards, mimical, is thereby denoted to be a vain, silly person, dull of wit, and very malicious. He whose motion is lame and limping, or otherwise imperfect, or that counterfeits an imperfection, is denoted to be envious, malicious, false, and detracting.

IV. *Judgments drawn from the Stature of a Man.*

Phyiognomy draws also several judgments from the stature of a man; such as, If a man be straight and upright, inclined rather to leanness than fat, it shews him to be bold, cruel, proud, clamorous, hard to please, and harder

harder to be reconciled when displeased, very frugal, deceitful, and malicious. To be of a tall stature and corpulent with it, denotes him to be not only handsome, but valiant also; altho' of no extraordinary understanding, and, which is worst of all, ungrateful. He who is extremely tall, and very lean and thin, is a projecting man, that designs no good to himself, and suspects every one to be as bad as himself, importunate to obtain what he desires, and extremely wedded to his own humours. He who is thick and short, is vain, envious, suspicious, shallow of apprehension, easy of belief, and long before he forget an injury. He who is lean and short, but upright, is, by the rules of physiognomy, wise and ingenious, bold and confident, of a good understanding, but of a deceitful heart. He who stoops as he goes, not by age but custom, is laborious, a retainer of secrets, but very incredulous. He that goes with his belly stretching forth, is sociable, merry, and easy to be persuaded.

V. General Observations worthy of Note.

WHEN you find a red man to be faithful, a tall man to be wise, a fat man to be swift on foot, a lean man to be a fool, a handsome man not proud, a poor man not envious, a whitely man not wise, one that talks through the nose to speak without suuffling, a knave no liar, an upright man not to walk straight, one that drawls when he speaks not crafty and circumventing; a man of a hot constitution not lustful, one that winks on another with his eyes not false and deceitful, one that knows how to shuffle his cards, ignorant how to deal them; a rich man prodigal, a sailor and hangman pitiful, a poor man to build churches, a higler not to be a liar and a praiser of his ware, a buyer not to find fault with and undervalue that which he would willingly buy, a quack-doctor to have a good conscience, a bailiff or catchpole not to be a merciless villain, an hostess not to over-reckon you, and an usurer to be charitable; then say you have found a prodigy, or men acting contrary to the course of their nature.

The End of the Master-piece.

T H E
F A M I L Y P H Y S I C I A N,

Being choice and approved Remedies for the several
Distempers incident to the Human Body.

A Powder for the Epilepsy or Falling-sickness.

TAKE of opoponax, crude antimony, dragon's blood, castor, peony-seeds, of each an equal quantity, make them into a subtle powder, the dose half a dram, in black cherry water. Before you take it, the stomach must be cleansed with some proper vomit, as that of Mynfinct's emetic Tartar, from four grains to six. For children, salt of vitriol, from a scruple to half a dram.

A Vomit for a Swimming in the Head.

Take cream of tartar half a scruple, castor two grains, mix all together for a vomit, to be taken at four o'clock in the afternoon. At night, going to bed, it will be very proper to take a dose of the apoplectic powder.

For Spitting of Blood.

Take conserve of comfrey, and of hips, of each an ounce and a half, conserve of red roses 3 ounces, dragon's blood a dram, species of hyacinth 2 scruples, red coral a dram; mix with the syrup of red poppies, and make a soft electuary: Take the quantity of a walnut night and morning.

A Powder against Vomiting.

Take crab's eyes, red coral, ivory, of each 2 drams; burnt hartshorn 1 dram, cinnamon and red saunders, of each half a dram; Make all for a subtle powder, and take half a dram,

For the Bloody-Flux.

Take a dram of powder of rhubarb in a sufficient quantity of conserve of red roses, early in the morning, and at night take of torrefied or roasted rhubarb half a dram, diascordium a dram and an half, liquid laudanum cydoniated, a scruple: Mix them, and make a bolus.

For an Inflammation of the Lungs.

Take curious water 10 ounces, water of red poppies 3 ounces, syrup of poppies 1 ounce, pearl prepared a dram: Make a julep, and take six spoonfuls every four hours.

For

For Weakness in Women.

After a gentle purge or two, take the following decoction, viz. a quarter of a pound lignum vitæ, sassafras 2 ounces; boil the whole in six quarts of water to a gallon; strain and keep it for use: Take half a pint first in the morning, fasting for two hours after; another at four of the clock in the afternoon; and a third at going to bed.

An Ointment for the Itch.

Take sulphur vive in powder, half an ounce; oil of tartar per deliquium a sufficient quantity; ointment of roses 4 oz. Make a liniment, to which add a scruple of oil of Rhodium to aromatize it, and rub the parts affected with it.

For Worms in Children.

Take wormseed half a dram, flower of sulphur a dram, sal prunella half a dram: Mix and make a powder; give as much as will ly upon a silver threepence night and morning, in treacle or honey. For grown persons add a small quantity of aloe rosatum, and so make them up into pills, 3 or 4 of which may be taken every morning.

A Diet-drink for the Vertigo, or swimming of the Head.

Take small ale, and boil it in the leaves of milletoe of the apple-tree, roots of male peony and peony flowers; then put it into a vessel of four gallons, in which hang a bag of half a pound of peacock's dung, and 2 drams of cloves bruised; drink it as common drink.

For a Looseness.

Take of Venice treacle and diascordium, of each half a dram, in warm ale, water-gruel, &c. at night going to bed.

For Fevers in Children.

Take of crab's eyes 1 dram, cream of tartar half a dram, white sugar-candy finely powdered, the weight of both: Mix all well together, and give as much as will ly upon a silver 3 d. in a spoonful of barley-water or sack whey.

For an Head-ach of a long standing.

Take the juice of powder of distilled water of hog-lice, and continue the use of it.

For the Gripes in Children.

Give a drop or two of the oil of anniseed in a spoonful of panada, milk, or any thing you shall think proper.

A distilled Water for a confirmed Phthisick.

Take leaves of ground-ivy 5 handfuls, 6 nutmegs sliced,

2 lb. of the crumbs of wheat bread, 3 lb. of snails half boiled and sliced into milk, and take of it 3 or 4 times a day, sweetened with sugar of pearl or roses.

A quieting Night-draught when the Cough is violent.

Take of water of green wheat 6 oz. syrup of diascordium 3 oz. Mix them, and take 2 or 3 spoonfuls at going to bed.

For Vomiting or Looseness.

Take of Venice treacle 1 ounce, powder of tormentile roots, contrayerva, pearl and prepared coral, of each a sufficient quantity, with the syrup of dried roses make an electuary: Take the quantity of a walnut every 4th or 5th hour; drink after it a draught of ale or beer, with a crust of bread, mace, or cinnamon, boiled in it.

A distilled Water for the Jaundice.

Take 1 lb. of the roots of English rhubarb sliced, the rhines of 4 oranges sliced, filings of steel 1 lb. fresh strawberries 6 lbs. 3 quarts of white wine; let them stand in infusion for some time, and distil all according to art. Take 4 ounces twice a day, with 20 drops of the spirit of saffron.

For the Rheumatism.

Take volatile salt of hartshorn, volatile salt of amber, 2 drams each, crabs eyes 1 oz. cochineal a scruple; mix and make a powder. Take half a dram three times a day, or every 4 hours, keeping your bed and sweating upon it.

For a violent Toothach.

If the teeth be hollow, nothing cures but drawing; but if occasioned thro' a defluxion of humours, first take a gentle purge, and at night when you go to bed take a grain or two of London laudanum, which will thicken the humour, stop the defluxions, and consequently remove the pain.

For St. Anthony's Fire.

Bleeding premised, take frog-spawn water, plantain water, half a pint each, sugar of lead 2 drams; mix and shake the bottle till the salt is dissolved. Dip a linen cloth in this water, and bathe the part affected; it cools wonderfully.

For the black Jaundice.

Take flowers of sal armoniac, dianicum, and extract of gentian, of each a dram; salt of amber a scruple; gum armoniac dissolved in vinegar of squills what suffices; make a mass of small pills, take it 3 or 4 mornings and evenings.

For

For an Ague.

Take the common bitter drink without the purgatives, 2 quarts, salt of wormwood 2 oz. saffron a dram. After a vomit or convenient purge, take half a pint of this three times a day, in the morning fasting, mid-day, and at night.

For the Cholic.

Take anniseed, sweet fennel, coriander, carroway seeds, 2 drams each, cummin seed a dram, rasd ginger a small quantity; bruise all in a mortar, and put them into a quart of Nantz brandy to infuse 3 days, shaking the bottle 3 or 4 times a day, then strain it; take 2 or 3 spoonfuls in the fit.

For the palpitation or beating of the heart.

Take powder of crabs eyes, burnt hartshorn, red coral, of each a dram, English saffron a scruple; mix and make a powder. Take a scruple of it night and morning in a spoonful of barley water, drinking a draught after it.

For a pain in the Stomach proceeding from Wind.

Take Venice treacle 3 drams, dittany, seeds of ambros daucus, each six grains, galangal, cloves, coral, wood of aloes, each a scruple, conserve of roses 1 oz. conserve of mint half an ounce, with syrup of mint make an electuary. Dose, the quantity of a nutmeg in the morning fasting.

Lozenges restorative in a Consumption.

Take pine nuts prepared 2 drams and a half, green fustic 2 drams. Species diambrae 2 scruples, cinnamon and cloves half a dram each, galangal a scruple, nutmegs 2 scruples, white ginger half a dram, Xilo aloes half a scruple, with 4 ounces and an half of sugar dissolved in rose water, and of the spices make a confection in lozenges.

Against Akes and Pains in the Joints.

Take powder of camopetys and gentian, of each 3 drams, dried leaves of rue 4 ounces; make all into a fine powder. After due purging, give a dram of this night and morning in a spoonful of white wine.

For Spots and Pimples in the Skin.

Take black soap 2 ounces, sulphur vive in powder 1 oz. tie them in a rag, and hang them in a pint of vinegar for the space of 9 days; then rub and wash the part gently twice a day, that is night and morning.

Purging Pills for the Scurvy.

Take rosin of julep 20 grains, aromatic pills with gum 2 grains,

grains, vitriolated tartar 26 grains, oil of juniper 10 grains, with a sufficient quantity of gum armoniac dissolved in vinegar of squills. Take 4 at a time early in the morning, fasting two hours after. You may take them once a week.

For stinking Gums without Rottenness.

Take powder of the best myrrh 1 oz. claret wine a pint; after 2 or 3 days infusion, wash your gums and mouth with it.

For the Rheumatism proceeding from the Scurvy.

Take stone-horse dung a pound, white wine 3 or 4 qts. distil according to art; take 5 or 6 ounces twice or thrice a day. Some take the infusion only, but this exceeds it.

For a convulsive Cough in Children.

After a gentle vomit and purge, apply a blister to the nape of the neck; but if the distemper be obstinate, cut an issue in the neck or arm: Keep them close to a diet drink of shavings of ivory, saunders, and some diuretic ingredients. But if a specific, you may give cupmoss in powder every day in boiled milk, and the decoction of hyssop, with a little castor and saffron.

For an inward Bleeding.

Takes leaves of plantain and nettles, of each 3 handfuls, bruise them well, and pour on them 6 ounces of plantain water: Make a strong emulsion, and drink the whole off.

For a Bleeding at the Nose.

Take a dried toad, sew it up in a silk bag, and hang it at the pit of the stomach a considerable time. This hath performed the cure when other medicines have failed.

For the same, Take calcanthum rubefactum, or the caput mortuum of vitriol half an ounce, boil it in a quart of quick lime water to a pint, when cold and settled, strain it. Dip a tent in it, and thrust it up the nostril, or, you may snuff some of it up.

Powder against Poison and Pestilence.

Take zedoary, euphorbium, corallina, tormentil, gentian, common dittany, sealed earth, armenian bole, red and white coral, spikenard, massich, clove jellyflowers, lesser centaury, red saunders, bone of a stag's heart, camphire, of each equal parts. Make all into an impalpable powder; give one dram with sorrel water, or with wine and sorrel boiled together.

THE END.

THE EXPERIENCED M I D W I F E.

P A R T I.

A GUIDE for Child-bearing Women.

INTRODUCTION.

I Have given this book the title of The COMPLETE and EXPERIENCED MIDWIFE, both because it is chiefly designed for those that profess midwifery, and contains whatever is necessary for them to know in the practice thereof, and also because it is the result of many years experience, and that in the most difficult cases, and is therefore the more to be depended upon. A midwife is the most necessary and honourable office, being indeed a helper of nature; which therefore makes it necessary for her to be well acquainted with all the operations of nature in the work of generation, and instruments with which she works: For she that knows not the operations of nature, nor with what tools she works, she must needs be at a loss how to assist therein. And seeing the instruments of operation both in men and women are those things by which mankind is produced, it is very necessary that all midwives should be well acquainted with them, that they may the better understand their business, and assist nature as there shall be occasion. The first thing then necessary, as introductory to this treatise, is an ANATOMICAL DESCRIPTION of the several parts of generation both in men and women; and having designed throughout to comprehend much in a little room, I shall avoid all unnecessary and impertinent matters with which books of this nature are for the most part too much clogged, and which are more curious than needful. And though I should be necessitated to speak plainly, that so I may be understood, yet I shall do it with that modesty that none shall have no need to blush, unless it be from something in themselves, rather than from what they shall find here, having the motto of the royal garter for my defence,

defence, which is, "*Honor soit qui mal y pense*;" or, Evil to him that evil thinks.

C H A P. I.

An Anatomical Description of the Instruments of Generation both in Man and Woman.

SECT. I. *Of the parts of Generation in Man.*

AS the generation of mankind is produced by the coition of both sexes, it necessarily follows that the instruments of generation are of two sorts, to wit, male and female; the operations of which are by action and passion, and herein the agent is the seed, and the patient blood; whence we may easily collect, that the body of man being generated by action and passion, he must needs be subject thereunto during his life. Now, since the instruments of generation are male and female, it will be necessary to treat of them both distinctly, that the discreet midwife may be well acquainted with their several parts, and their various operations, as they contribute to the work of generation. And, in doing this, I shall give the honour of precedence to my own sex, and speak first of the parts of generation in man, which will be comprehended under six particulars, viz. The preparing vessels, the corpus varicosum, the testicles, or stones, the vasa deferentia, the feminal vessels, and the yard, of each of which in their order.

1. The first are the vasa preparentia, or preparing vessels, which are in number four, two veins, and as many arteries; and they are called preparing vessels from their office, which is to prepare that matter or substance which the stones turn into seed to fit it for the work. Whence you may note, that the liver is the original of blood, and distributes it through the body by the veins, and not the heart, as some have taught. As to the original of these veins, the right vein proceedeth from the vena cava, or great vein, which receives the blood from the liver, and distributes it by its branches to all the body; the left is from the emulgent vein, which is one of the two main branches of the hollow vein passing to the reins. As to the arteries, they both arise from the great artery, which the Greeks call that which is indeed the great trunk and original of all

all the arteries. But I will not trouble you with Greek derivations of words, affecting more to teach you the knowledge of things than words.

2. The next thing to be spoken of is the corpus varicosum, and this is an interweaving of the veins and arteries which carry the vital and natural blood to the stones to make seed of. These, though at their first descension they keep at a small distance the one from the other, yet before they enter the stones they make an admirable intermixture of twisting the one from the other, so that sometimes the veins go into the arteries, and sometimes the arteries into the veins; the substance of which is very hard and long, not much unlike a pyramid in form, without any sensible hollowness: The use is to make one body of the blood and vital spirits, which they both mix and change the colour of from red to white, so that the stones may both have a fit matter to work upon, and do their work more easily; for which reason, the interweaving reacheth down to the very stones, and pierceth in their substance.

3. The stones are the third thing to be spoken of, called also testicles: in Latin, *Teste*, that is, a witness, because they witness one to be a man. As to these I need not tell you their number, nor where nature has placed them, for that is obvious to the eye. Their substance is soft, white, and spongy, full of small veins and arteries, which is the reason they swell to such a bigness upon the flowing down of the humour in them. Their form is oval; but most authors are of opinion that their bigness is not equal, but that the right is the biggest, the hottest, and breeds the best and strongest seed. Each of these stones hath a muscle, called *cremaster*, which signifies to hold up, because they pull up the stones in the act of coition, that so the vessels being slackened, may the better void the seed. These muscles are weakened both by age and sickness; and then the stones hang down lower than in youth and health. These stones are of great use, for they convert the blood and vital spirits into seed for the procreation of man: But this must not be understood as if they converted all the blood that comes into them into seed, for they keep some for their own nourishment. But besides this, they add strength

strength and courage to the body ; which is evident from this, that eunuchs are neither so hot, strong, nor valiant, as other men, nor is an ox so hot or valiant as a bull.

4. The next in order are the *vasa deferentia*, which are the vessels that carry the seed from the stones to the seminal vessels, which is kept there till its expulsion. These are in number two, in colour white, and in substance nervous or sinewy ; and from a certain hollownes which they have in them are also called spermatic pores, they rise not far from the preparing vessels ; and when they come into the cavity of the belly, they turn back again, and pass into the backside of the bladder, between it and the right gut ; and when they come near the neck of the bladder they are joined to the seminal galls, which somewhat resemble the cells of an honey-comb ; which cells contain an oily substance, for they draw the fatty substance from the seed which they empty into the urinal passage, which is done for the most part in the act of copulation, that so the thin internal skin of the yard suffers not through the acrimony or sharpness of the seed. And when the *vasa deferentia* has passed, as before declared, they fall into the *glandula post-trata*, which are the vessels ordained to keep the seed, and which are next to be spoken of.

5. The seminal vessels, called *glandulum feminine*, are certain kernels placed between the neck of the bladder, and the right gut, compassing about the *vasa deferentia*, the urethra, or common passage for seed and urine, passing through the midst of it, and may properly enough be called the conduit of the yard. At the mouth of the urethra, where it meets with the *vasa deferentia*, there is a thick skin, whose office is to hinder the seminal vessels, which are of a spongy nature, from shedding their seed against their will ; this skin is very full of pores, and through the heat of the act of copulation the pores open, and so give passage to the seed, which being of a very subtle spirit, and especially being moved, will pass through the caruncle or skin as quicksilver through a leather ; and yet the pore of this skin are not discernable unless in the anatomy of a man, who had some violent running in the reins when he died, and then they are conspicuous, those vessels being the proper seat of that disease.

6. The last of the parts of generation in man to be spoke of is the yard, which has a principal share in the work of generation; and is called *Penis*, from its hanging without the belly; and it consists of skin, tendons, veins, arteries, sinews, and great ligaments, and is long and round, being ordained by nature both for the passage for the urine, and for the conveying of seed into the matrix. It hath some parts common with it to the rest of the body, as the skin, or the *Membrana Carnosa*; and some parts it has peculiar to itself, as the two nervous bodies, as the Septum, the Urethra, the Glans, the four muscles, and the vessels. The skin, which the Latins call *Cuir*, is full of pores, through which the sweet and fuliginous or sooty black vapours of the third concoction (which concocts the blood into flesh) pass out: These pores are very many and thick, but hardly visible to the eye; and when the yard stands not, it is flabby; but when it stands, it is stiff: The skin is very sensible, because the nerves concur to make up its being; for the brain gives sense to the body by the nerves. As to the *Carnus Membrana*, or fleshy skin, it is so called, not because its body is fleshy, but because it lies between the flesh, and passeth in other parts of the body underneath the fat, and sticks close to the muscles; but in the yard there is no fat at all, only a few superficial veins and arteries pass between the former skin and this, which when the yard stands are visible to the eye: These are the parts common both to the yard and the rest of the body. I will now speak of those parts of the yard which are peculiar to itself, and to no other parts of the body: And those are likewise six, as has been already said, of which it will also be necessary to speak particularly. And,

1. Of the Nervous Bodies: These are two, though joined together, and are hard, long, and sinewy, they are spongy within, and full of black blood: the spongy substance of the inward part of it seems to be woven together like a net, consisting of innumerable twigs of veins and arteries. The black blood contained therein is very full of spirits, and the delights or desire of Venus add heat to these, which causeth the yard to stand; and that is the reason that both venereal sights and tales will do it. Nor need it be strange to any, that Venus, being a planet cold and moist,

moist, should add heat to those parts, since by night, as the Psalmist testifies, Psal. cxxi. 6. Now this hollow, spongy intermixture or weaving was so ordered by nature, on purpose to contain the spirit of venereal heat, that the yard may not fall before it has done its work. These two side-ligaments of the yard, where they are thick and round, arise from the lower prt of the share-bone, and at the beginning are separated the one from the other, resembling a pair of horns, or the letter Y, where the Urethra, or common passage of urine and seed, passeth between them.

2. Those nervous bodies of which I have spoken, so soon as they come to the joining of the share bone, are joined by the *Sceptum Lucium*, which is the second internal part to be described, which in substance is white and nervous, or sinewy, and its use is to uphold the two side-ligaments and the Urethra.

3. The third thing in the internal part of the yard is the Urethra, which is the passage or channel by which both the seed and urine is conveyed out through the yard. The substance of it is sinewy, thick, soft, and loose, as the side-ligaments are; it begins at the neck of the bladder, and, being joined to it, passeth to the glans. It has in the beginning of it three holes, of which the largest of them is in the midst, which receives the urine into it, the other two are smaller, by which it receives the seed from each seminal vessel.

4. The yard has four muscles; on each side two: These muscles are instruments of voluntary motion, without which no part of the body can move itself. It consists of fibrous flesh to make its body, of nerves for its sense, of veins for its nourishment, of arteries for its vital heat, of a membrane or skin to knit it together, and to distinguish one muscle from another, and all of them from the flesh: Of these muscles, as I said before, the yard has two of each side, and the use of them is to erect the yard, and make it stand, and therefore are they also called Erectors. But here you must note, that of the two on each side the one is shorter and thicker than the other; and these are they that do erect the yard, and so are called Erectors: But the two other being longer and smaller, their office is to dilate the lower part of the Urethra, both for making
water,

water, and emitting the seed; upon which account they are called Accelerators.

5. That which is called the Glans is the extreme part of the yard, which is very soft, and of a most exquisite feeling, by reason of the thinness of the skin wherewith it is covered: This is covered with the *Præputium*, or fore-skin, which in some men covers the top of the yard quite close, but in others it doth not; which skin moving up and down in the act of copulation, brings pleasure both to man and woman. This outer skin is that which the Jews were commanded to cut off on the eighth day. This *Præputium*, or fore-skin, is tied to the glans by a ligament or bridle, which is called *Franum*.

6. The last internal part of the yard are the vessels thereof, veins, nerves, and arteries. Of these some pass by the skin, and are visible to the eye when the yard stands; others pass by the inward parts of the yard: The arteries are wonderfully dispersed through the body of the yard, much exceeding the dispersion of the veins; for the right artery is dispersed to the left side, and the left to the right side. It hath two nerves, the lesser whereof is bestowed upon the skin, the greater upon the muscles and body of the yard. But thus much shall suffice to be said in describing the parts of generation in men: And shall therefore, in the next place, proceed to describe those of women, that so the industrious midwife may know how to help them in their extremities.

SECT. II. *Describing the Parts of Generation in Women.*

Whatever ignorant persons may imagine, or some good women think, they are unwilling those private parts which nature has given them, should be exposed, yet it is in this case absolutely necessary; for I do positively affirm, that is impossible truly to apprehend what a midwife ought to do, if these parts are not perfectly understood by them, nor I do know any reason they have to be ashamed to see or hear a particular description of what God and nature has given them, since it is not the having these parts, but the unlawful use of them, that causes shame.

To proceed then, in this description more regularly, I shall speak in order of these following principal parts;

1st, Of the Privy Passage; 2dly, of the Womb; 3dly, Of the Testicles, or Stones; 4thly, of the Spermatic Vessels.

1st, Of the Privy Passage. Under this head I shall consider the six following parts.

1. The Lips, which are visible to the eye, and are designed by nature as a cover to the *Fissura Magna*, or great orifice: These are framed of the body, and have pretty store of spongy fat; and their use is to keep the internal parts from cold and dust. These are the only things that are obvious to the sight; the rest are concealed, and cannot be seen, unless the two lips are stretched asunder, and the entry of the privities opened.

2. When the lips are severed, the next thing that appears is the Nympha or wings: They are formed of soft and spongy flesh, and are in form and colour like the comb of a cock.

3. In the uppermost part, just above the urinary passage, may be observed the Clitoris, which is a finewy and hard body, full of spongy and black matter within, like the side ligament of the yard, representing in form the yard of a man, and suffers erection and falling as that doth; and it grows hard, and becomes erected as a man's yard, in proportion to the desire a woman hath in copulation; and this also is that which gives a woman delight in copulation; for without this a woman hath neither a desire to copulation, and delight in it, nor can conceive by it. And I have heard that some women have had their Clitoris so long, that they have abused other women therewith; Nay, some have gone so far as to say, that those persons that have been reported to be Hermaphrodites, as having the genitals both of men and women, are only such women in whom the Clitoris hangs out externally, resembling the form of a yard. But though I will not be positive in that, yet it is certain, that the larger the Clitoris is in any woman the more lustful she is.

4. Under the Clitoris, and above the neck, appears the Orifice, or urinary passage, which is much larger in women than men, and causes their water to come from them in a great stream. On both sides the urinary passage may be seen two small membranous appendices, a little broader
above

above than below, issuing forth of the inward parts of the great lips, immediately under the Clitoris; the use whereof is to cover the orifice of the urine, and defend the bladder from the cold air: So that when a woman pisseth, she contracts herself so, that she conducts out the urine without suffering it to spread along the privities, and often without so much as wetting the lips; and therefore these small membranous wings are called the *Nymphae*, because they govern the womens water. Some women have them so great and long, that they have been necessitated to cut off so much as has exceeded and grew without the lips.

5. Near this are four Caruncles, or fleshy knobs, commonly called Caruncles Myrtiformes; these are placed on each side two, and a small one above, just under the urinary passage, and in virgins are reddish, plump, and round but hang flaccid when virginity is lost: In virgins they are joined together by a thin and sinewy skin or membrane, which is called the Hymen, and keeps them in subjection, and makes them resemble a kind of rose-bud half blown. This disposition of the Caruncles is the only certain mark of virginity, it being in vain to search for it elsewhere, or hope to be informed of it any other way: And 'tis from the pressing and bruising these Caruncles, and forcing and breaking the little membranes, (which is done by the yard in the first act of copulation), that there happens an effusion of blood; after which they remain separated, and never recover their first figure, but become more and more flat as the acts of copulation are increased; and in those that have children they are almost totally defeated, by reason of the great distention these parts suffer in the time of their labour. Their use is to straiten the neck of the womb, to hinder the cold air from incommoding it, and likewise to increase mutual pleasure in the act of coition; for the caruncles being then extremely swelled, and filled with blood and spirits, they close with more pleasure upon the yard of the man, whereby the woman is much more delighted. What I have said of the effusion of blood which happens in the first act of copulation, tho' when it happens it is an undoubted sign of virginity, shewing the Caruncles Myrtiformes have never been pressed till then, yet when there happens no blood, it is not always a sign

that virginity is lost before ; for the Hymen may be broken without copulation by the defunction of sharp humours, which sometimes happen to young virgins, because in them it is thinnest : It is also done by the unskilful applying of bestaries to provoke the terms, &c. But these things happen so rarely, that those virgins do thereby bring themselves under a just suspicion.

6. There is next to be spoken of, the neck of the womb, which is nothing else but the distance between the privy passage and the mouth of the womb, into which the man's yard enters in the act of copulation ; and in women of reasonable stature is about eight inches in length. 'Tis of a membranous substance, fleshy without, skinny, and very much wrinkled within ; and that it may both retain the seed cast into it in the act of copulation, and also that it may dilate and extend itself to give sufficient passage to the infant at its birth. It is composed of two membranes, the innermost of them being white, nervous, and circularly wrinkled, much like the palate of an ox, that so it might either contract or dilate itself according to the bigness or length of the man's yard ; and to the end, that by the collision, squeezing, or pressing made by the yard in copulation, the pleasure may be naturally augmented. The external or outmost membrane is red and fleshy like the muscle of the Fundament, surroinding the first, to the end the yard may be the better closed within it ; and it is by means of this membrane that the neck adheres the stronger both to the bladder and the right guts. The internal membrane in young girls is very soft and delicate, but in women much addicted to copulation it grows harder ; and in those that are grown aged, if they have been given much to venery, it is almost become grissly.

2d. Having spoken of the privy passage, I come now to speak of the womb or matrix. Its parts are two ; the mouth of the womb, and the bottom of it. The mouth is an orifice at the entrance into it, which may be dilated and shut together like a purse ; for although in the act of copulation it be big enough to receive the glans of the yard, yet after conception it is so close shut, that it will not admit the point of a bodkin to enter ; and yet again at the time of the woman's delivery, it is opened so extraordinary, that the infant

infant passeth through it into the world; at which time this orifice wholly disappears, and the womb seems to have but one great cavity from its bottom to the very entrance of the neck. When a woman is not with child it is a little oblong, and of substance very thick and close; but when she is with child, it is shortened, and its thickness diminisheth proportionably to its distention: And therefore it is a mistake of some anatomists to affirm, that its substance waxeth thicker a little before a woman's labour; for any one's reason will inform them, that the more distended it is, the thinner it must be, and the nearer a woman is to the time of her delivery, the shorter her womb must be extended. As to the action by which this inward orifice of the womb is opened and shut, it is purely natural; for, were it otherwise, there would not be so many ballards gotten as there are; nor would many married women have so many children were it at their own choice, but they would hinder conception, though they would be willing enough to use copulation; for nature has attended that action with something so pleasing and delightful, that they are willing to indulge themselves in the use thereof, notwithstanding the pains they afterwards endure, and the hazard of their lives, which often follow it: And this comes to pass not so much from any inordinate lust in women, as for that great DIRECTOR of nature, for the increase and multiplication of mankind, and even for all other species in the elementary world, hath placed such a magnetick virtue in the womb, that it draws the seed to it as the load-stone draws iron.

The AUTHOR of nature has placed the womb in the belly, that the heat might always be maintained by the warmth of the parts surrounding it; it is therefore seated in the middle of the *Hypogastrium*, (or lower part of the belly) between the bladder and the rectum, (or right gut) by which also it is defended from any hurt through the hardness of the bones; and it is placed in the lower part of the belly for the conveniency of copulation, and of a birth's being thrust out at the full time.

It is of figure almost round, inclining somewhat to an oblong, in part resembling a pear; for, from being broad at the bottom, it gradually terminates in the point of the orifice which is narrow.

The length, breadth, and thickness of the womb differ according to the age and disposition of the body; For in virgins not ripe it is very small in all its dimensions, but in women whose terms flow in great quantities, and such as frequently use copulation, it is much larger; and if they had children, it is larger in them than in such as have none; but in women of a good stature, and well shaped, (it is as I have said before) from the entry of the privy parts to the bottom of the womb, usually about eight, but the length of the body of the womb alone does not exceed three inches, and breadth thereof is nearly about the same, and of the thickness of the little finger, when the woman is not pregnant; but when the woman is with child, it becomes of a prodigious greatness, and the nearer she is to her delivery the more is the womb extended.

It is not without reason then that nature (or the God of nature rather) has made the womb of a membranous substance; for thereby it does the easier open to conceive, and is gradually dilated from the growth of the *Fetus* or young one, and is afterwards contracted and closed again, to thrust forth both it and the after-burden, and then to retire to its primitive seat. Hence also it is enabled to expel any noxious humours which may sometimes happen to be contained within it.

Before I have done with the womb, which is the field of generation, and ought therefore to be the more particularly taken care of, (for as the seed of plants can produce no fruits, nor spring unless sown in ground proper to waken and excite their vegetative virtue, so likewise the seed of a man, though potentially containing all the parts of a child, would never produce so admirable an effect, if it were not cast into the fruitful field of nature, the womb) I shall proceed to a more particular description of the parts thereof, and the uses to which nature has designed them.

The womb then is composed of various similiary parts, that is, of membranes, veins, arteries, and nerves. Its membranes are two, and they compose the principal part of its body: the outmost of which ariseth from the *Peritonium*, or cawl, and is very thin, without smooth, but within equal, that it may the better cleave to the womb, as it were fleshy and thicker than any else we meet within the

the body when a woman is not pregnant, and is interwoven with all sorts of fibres or small strings, that it may the better suffer the extension of the child, and the waters caused during the pregnancy, and also that it may the easier close again after delivery.

The veins and arteries proceed both from the Hypogastricks and the Spermatic Vessels, of which I shall speak by and by; all these are inserted and terminated in the proper membrane of the womb. The arteries supply it with blood for its nourishment, which, being brought thither in too great a quantity, sweats through the substance of it, and distils as it were dew into the bottom of its cavity; from whence do proceed both the terms in ripe virgins, and the blood which nourisheth the embryo in breeding women. The branches which issue from the Spermatick Vessels are in each side of the bottom of the womb, and are much less than those which proceed from the Hypogastricks, those being greater, and bedewing the whole substance of it. There are yet some other small vessels, which, arising the one from the other, are conducted to the internal office, and by these those that are pregnant do purge away the superfluity of their terms when they happen to have more than is used in the nourishment of the infant; by which means nature hath taken such care of the womb, that, during its pregnancy, it shall not be obliged to open itself for the passing away those excrementious humours, which, should it be forced to do, might often endanger abortion.

As touching the nerves, they proceed from the brain, which furnishes all the inner parts of the lower belly with them, which is the true reason it hath so great a sympathy with the stomach, which is likewise very considerably furnished from the same part; so that the womb cannot be afflicted with any pain, but the stomach is immediately sensible thereof, which is the cause of those loathings or frequent vomitings which happen to it.

But, besides all these parts which compose the womb, it hath yet four ligaments, whose office is to keep it firm in its place, and prevent its constant agitation, by the continual motion of the intestine which surrounds it, two of which are above and two below. Those above are called the broad ligaments, because of their broad and membranous

neous figure, and are nothing else but the production of the *Peritoneum*, which, growing out of the side of the loins towards the reins, come to be inserted in the sides of the bottom of the womb, to hinder the body from bearing too much on the neck, and so from suffering a precipitation, as will sometimes happen when the ligaments are too much relaxed; and do also contain the testicles, and as well conduct the different vessels as the ejaculatories to the womb. The lowermost are called round ligaments, taking their original from the side of the womb near the horn, from whence they pass the groin, together with the production of the *Peritoneum*, which accompanies them through the rings and holes of the oblique and transverse muscles of the belly, where they divide themselves into many little branches, resembling the foot of a goose, of which some are inserted into the *os pubis*, and the rest are lost and confounded with the membranes that cover the upper and interior parts of the thigh; and it is that which causes that numbness which women with child feel in their thighs. These two ligaments are long, round, and nervous, and pretty big in their beginning near the matrix, hollow in their rise, and all along to the *os pubis*, where they are a little smaller, and become flat, the better to be inserted in the manner aforesaid; it is by their means the womb is hindered from rising too high. Now, although the womb is held in its natural situation by means of these four ligaments, yet it has liberty enough to extend itself when pregnant, because they are very loose, and so easily yield to its distention. But besides these ligaments, which keep the womb as it were in a poise, yet it is fastened, for greater security, by its neck, both to the bladder and rectum, between which it is situated. Whence it comes to pass, that if at any time the womb be inflamed, it communicates the inflammation to the neighbouring parts.

Its use, or proper action in the work of generation, is to receive and retain the seed, and to reduce it from power to action by its heat, for the generation of the infant, and is therefore absolutely necessary for the conservation of the species. It also seems by accident to receive and expel the impurities of the whole body, as when women have abundance of whites, and to purge away from time to

to time the superfluity of the blood, as it doth every month by the evacuation of blood, as when a woman is not with child. And thus much shall suffice for the description of the womb, in which I have been the larger, because, as I have said before, it is the field of generation.

3d. The next thing to be described in the genitals of women is the testicles or stones, for such women have as well as men, but are not for the same use, and indeed are different from those in men in several particulars; as 1st in place, being within the belly, whereas in men they are without, 2dly, In figure, being uneven in women, but smooth in men. 3dly, In magnitude, being lesser in women than in men. 4thly, They are not fixed in women by muscles, but by ligatures. 5thly, They have no prostrates or kernels as men have. 6thly, They differ in form, being depressed or flattish in women, but oval in men. 7thly, They have but one skin, whereas men have four; for the stones of men being more exposed, nature has provided for them accordingly. 8thly, Their substance is more soft than in men. And, 9thly, Their temperature is colder than men. And as they differ in all these respects, so do they also in their use, for they perform not the same actions as men's, as I shall shew presently. As for their seat, it is in the hollowness of the abdomen, and therefore not extremely pendulous, but rest upon the ova or egg. 'Tis true Galen and Hippocrates did erroneously imagine that the stones in women did both contain and elaborate the seed as those do in men, but it is a great mistake: For the testicles of a woman are as it were no more than two clusters of eggs, which lie there to be impregnated by the most spirituous particles, or animating effluvia conveyed out of the womb through the two tubes, or different vessels: But however, the stones in women are very useful; for where they are defective, generation work is at an end. For though these little bladders, which are on their superficies, contain nothing of seed, yet they contain several eggs (commonly to the number of twenty in each testicle) one of which being impregnated in the act of coition, by the most spirituous part of the seed of the man, descends through the oviducts into the womb, and there, in process of time, becomes a living child.

4th, I am now to speak of the spermatic vessels in women, which are two, and are fastened in their whole extent by a membranous appendix to the broad ligament of the womb: These do not proceed from the testicles as in men, but are distant from them a finger's breadth at least; and being disposed after the manner of the miseraic veins, are trained along this membranous distance between the different vessels and the testicles. Their substance is, as it were, nervous and moderately hard; they are round, hollow, big, and broad enough at their end, joining to the horn of the womb. Some authors affirm, that by these women discharge their seed into the bottom of the womb; but the whole current of our modern authors run quite another way, and are positive that there is no seed at all in their vessels; but that after the egg or eggs in the ovaria or testicles are impregnated by the seed of the man, they descend through these two vessels into the womb, where being placed, the embryo is nourished. These vessels are shorter in women than they are in men; for the stones of a woman lying within the belly, their passage must needs be shorter; but their various wreathings and windings in and out, makes amends for the shortness of their passage. These vessels are not united before they come to the stones, but divide themselves into two branches, the largest whereof only passes through the testicles, the lesser to the womb, both for the nourishment of itself and the infant in it. I further observe, That these spermatic veins receive the arteries as they pass by the womb, and so there is a mixture between natural and vital blood, that so the work might be the better wrought; and that it is so, appears by this, That if you blow up the spermatic vein, you may perceive the right and left vessel of the womb blown up; from whence also the communion of all the vessels of the womb may be easily perceived.

The deferentio or carrying vessels spring from the lower part of the testicles, and are in colour white, and in substance sinewy, and pass not the womb straight, but wreathed with several turnings and windings, as was said of the spermatic vessels, that so the shortness of the way may be likewise recompensed by their winding meanders; yet near the womb they become broad again. They proceed in two
parts

parts from the womb, which resemble horns, and are therefore called the horns of the womb. And this is all that is needful to be known or treated of concerning the parts of generation both in men and women.

Only since our modern anatomists and physicians are of different sentiments from the ancients, touching the woman's contributing of seed for the formation of the child as well as the man; the ancients strongly affirming it, but our modern authors being generally of another judgement; I will here declare the several reasons for their different opinions, and so pass on.

SECT. III. *Of the differences between the ancient and modern Physicians, touching the Woman's contributing Seed to the formation of the Child.*

I WILL not make myself a party in this controversy, but set down impartially, yet briefly, the arguments on each side, leaving the judicious reader to judge for himself.

Though it is apparent, say the ancients, that the seed of man is the principal efficient, and beginning of action, motion and generation, yet it is evident that the woman doth afford seed, because she hath seminal vessels, which else had been given her in vain; but since nature forms nothing in vain, it must be granted they were made for the use of seed and procreation, and fixed in their proper places to contribute virtue and efficacy to the seed: And this, say they, is further proved from hence, That if women at years of maturity use not copulation to eject their seed, they often fall into strange diseases, and it is apparent, that women are never better pleased than when they are often satisfied this way, which argues the pleasure and delight they take herein; which pleasure, say they, is double in women to what it is in men: for, as the delight of men in copulation consists chiefly in the emission of the seed, so women are delighted both in the emission of their own, and the reception of the man's.

But against all this, our modern authors affirm, That the ancients were very erroneous; forasmuch as the testicles in women do not afford seed, but are two eggs, like those of fowls and other creatures, neither have they any such offices as men, but indeed are an Ovarium, or receptacle for

for eggs, wherein these eggs are nourished by the sanguinary vessels dispersed through them; and from thence, one or more, as they are fecundated by the man's seed, are conveyed into the womb by the oviducts. And the truth of this, say they, is plain, that if you boil them, their liquor will have the same taste, colour, and consistency, with the taste of birds eggs. And if it be objected, that they have no shells, the answer is easy; for the eggs of fowls, while they are in the ovary, nay, after they are fallen into the uterus, have no shell; and though they have one when they are lain, yet it is no more than a fence which nature has provided for them against outward injuries, they being hatched without the body; but those of women being hatched within the body, hath no need of any other fence than the womb to secure them.

They also further say, there are in the generation of the foetus, or young ones, two principles, active and passive: the active is the man's seed, elaborated in the testicles, out of the arterial blood and animal spirits; the passive principle is the ovum or egg impregnated by the man's seed; for to say that women have true seed (say they) is erroneous. But the manner of conception is this: The most spirituous part of man's seed, in the act of copulation, reaching up to the ovarium or testicles of the woman (which contains divers eggs, sometimes more sometimes fewer) impregnates one of them, which being conveyed by the oviducts to the bottom of the womb, presently begin to swell bigger and bigger, and drinks in the moisture that is sent thither, after the same manner that the seeds in the ground suck the fertile moisture thereof to make them sprout.

But, notwithstanding what is here urged by our modern anatomists, there are some late writers of the opinion of the ancients, viz. that women have both, and emit seed in the act of copulation; and the good women themselves take it ill to be thought merely passive in those wars wherein they make such vigorous encounters, and positively affirm they are sensible of the emission of their seed in those engagements, and that a great part of the delight they take in that act consists in it. I will not therefore go about to take any of their happiness away from them, but leave them in possession of their imagined felicity.

Having

Having thus laid the foundation of this work, in the description I have given of the parts dedicated to the work of generation both in man and woman, I will now proceed to speak of conception, and of those things that are necessary to be observed by women from the time of their conception to the time of their delivery.

C H A P. III.

Of Conception; what it is, the Signs thereof, whether conceived of a Male or Female; how Women are to order themselves after Conception.

SECT. 1. *What Conception is, and the Qualifications requisite thereto.*

Conception is nothing else but an action of the womb, by which the prolific seed is received and retained, that an infant may be ingendered and formed out of it. There are two sorts of conception; the one according to nature, which is followed by the generation of the infant in the womb; the other is false, and wholly against nature, in which the seed changes into water, and produces only false conception, moles, or other strange matter. Now there are three things principally necessary in order to a true conception, so that generation may follow; to wit, diversity of sex, congression, and emission of seed. Without diversity of sexes there can be no conception: For though some will have a woman to be an animal that can engender of herself, it is a great mistake; there can be no conception without a man to discharge his seed into her womb. What they alledge of pullets laying eggs without a cock's treading them is nothing to the purpose; for those eggs, should they be set under a hen, will never become chickens, because they never received any prolifick virtue from the male; which is absolutely necessary to this purpose, and is sufficient to convince us that diversity of sex is necessary even to those animals as well as to the generation of man. But diversity of sex, though it be necessary to conception, yet it will not do alone; there must also be a congression of those different sexes; for diversity of sex would profit little, if copulation did not follow. I confess I have heard of some subtil

women, who, to cover their sin and shame, have endeavoured to persuade some peasant that they were never touched by men, to get them with child; and that one in particular pretended to conceive, by going into a bath where a man had washed himself a little before, and spent his seed in it, which was drawn and sucked into her womb, as she pretended: But such stories as those are only fit to amuse them that know no better.—Now that these different sexes should be obliged to come to the touch, which we call copulation or coition, besides the natural desire of begetting their like, which stirs up men and women to it, the parts appointed for generation are endowed by nature with a delightful and mutual itch, which begets in them desire to the action; without which, it would not be very easy for a man born for the contemplation of divine mysteries to join himself by the way of coition to a woman, in regard of the uncleanness of the part and of the action: and on the other side, if women did but think of those pains and inconveniences to which they are subject by their great bellies, and those hazards even of life itself, besides the unavoidable pains that attend their delivery, it is reasonable to believe they would be affrighted from it. But neither sex make these reflections till after the action is over, considering nothing before-hand but the pleasure of enjoyment. So that it is from this voluptuous itch that nature obligeth both sexes to this congression. Upon which the third thing followeth of course, to wit, the emission of seed into the womb in the act of copulation. For the woman having received this prolifick seed into her womb, and retained it there, the womb thereupon becomes compressed, and embraces the seed so closely, that being closed, the point of a needle, as saith Hippocrates, cannot enter it without violence; and now the woman may be said to have conceived; the several faculties which are in the seed it contains, being reduced by its heat from power into action, making use of the spirits with which the seed abounds, and which are the instruments by which it begins to trace out the first lineaments of all the parts; to which afterwards, of making use of the menstruous blood flowing to it, it gives in time growth and final perfection. And thus much shall suffice to shew what conception is. I shall now proceed to shew,

SECT.

SECT. II. *The Signs of Conception.*

THERE are many prognosticks or signs of conception: I will name some of the chief, which are the most certain, and let alone the rest.

1. If a woman has been more than ordinary desirous of copulation, and hath taken more pleasure than usual therein, (which upon recollection she may easily know,) it is a sign of conception.

2. If she retain the seed in her womb after copulation, which she may know if she perceives it not to flow down from the womb as it used to do before, for that is a sure sign the womb has received it into the inward orifice, and there retains it.

3. If she finds a coldness and chilliness after copulation, it shews the heat retired to make conception.

4. If after this she begins to have loathings to those things which she loved before, and this attended with a loss of appetite, and a desire after meats, to which she was not affected before, and hath often nauſeatings and vomitings, with sour belchings, and exceeding weakness of stomach.

5. After conception the belly waxeth very flat, because the womb closeth itself together, to nourish and cherish the seed, contracting itself so as to leave no empty space.

6. If the veins of the breast are more clearly seen than they were wont to be, it is a sign of conception.

7. So it is, if the tops of the nipples look redder than formerly, and the breasts begin to swell, and grow harder than usual, especially if this be attended with pain and soreness.

8. If a woman has twisting and griping pains, much like those of the cramp in the belly, and about her navel, it is a sign she has conceived.

9. If under the lower eye-lid the veins be swelled, and appear clearly, and the eye be something discoloured, it is a certain sign she is with child, unless she have her Menses at the same time upon her, or that she has set up the night before. This sign has never failed.

10. Some also make this trial of conception: they stop the woman's urine in a glass or phial for three days, and

then strain it through a fine linen cloth, and if they find small living creatures in it, they conclude that the woman has certainly conceived.

11. There also is another easy trial: Let the woman that supposes she has conceived take a green nettle, and put it into her urine, cover it close, and let it remain therein a whole night: if the woman be with child it will be full of red spots on the morrow; but if she be not with child it will be blackish.

12. The last sign I shall mention is that which is most obvious to every woman, which is the suppression of the terms: For, after conception, nature makes use of that blood for the nourishment of the embryo, which before was cast out by nature, because it was too great in quantity. For it is an error to think that the menstrual blood, simply in itself considered, is bad; because, if a woman's body be in good temper, the blood must needs be good; and that it is voided monthly is, because it offends in quantity, but not in quality. But though the suppression of the terms is generally a sure sign of conception to such persons as have had them orderly before, yet is not the having them always a sign there is no conception: Forasmuch as many that have been with child have had their terms, and some even till the fifth or sixth month, which happens according to the woman's being more or less sanguine; for if a woman has more blood than will suffice for the nourishment of the embryo, nature continues to void it in the usual way. Whence the experienced midwife may learn there are few general rules which do not sometimes admit of an exception. But this shall suffice to be spoken of the signs and prognosticks of conception.

SECT. III. *Whether Conception be of a Male or Female.*

Authors give us several prognosticks of this: Though they are not at all to be trusted, yet there is some truth among them: The signs of a male child, conceived are,

1. When a woman at her rising up is more apt to stay herself upon her right hand than her left.
2. Her belly lies rounder and higher than when she has conceived of a female.
3. She first feels the child to beat on her right side,

4. She

4. She carries her burden more light, and with less pain, than when it is a female.

5. Her right nipple is redder than the left, and her right breast harder and more plump.

6. Her colour is more clear, nor is she so swarthy as when she has conceived a female.

7. Observe a circle under her eye, which is a pale and bluish colour; and if that under her right eye be most apparent, and most discoloured, she has conceived a son.

8. If she would know whether she hath conceived a son or daughter, let her milk a drop of her milk into a bason of fair water; if it spreads and swims at top, it certainly is a boy; but if it is round as it drops in, and sinks to the bottom, it is a girl. This last is an infallible rule. And in all it is to be noted, that what is a sign of a male conception, the contrary holds good of a female.

SECT. IV. *How a Woman ought to order herself after Conception.*

MY design in this treatise being brevity, I shall permit all that others say of the causes of twins, and whether there be any such thing as superfœtations, or a second conception in a woman, which is yet common enough, when I come to shew you how the midwife ought to proceed in the delivery of these women that are pregnant with them. But having already spoke of conception, I think it now necessary to shew how such as have conceived ought to order themselves during their pregnancy, that they may avoid those inconveniencies which often endanger the life of the child, and many times their own.

A woman after her conception, during the time of her being with child, ought to be looked on as indisposed or sick, though in good health; for child-bearing is a kind of one month's sickness, being all that time in expectation of many inconveniencies, which such a condition usually causes to those that are not well governed during that time; and therefore ought to resemble a good pilot, who, when sailing in a rough sea and full of rocks, avoids and shuns the danger, if he steers with prudence; but if not, it is a thousand to one but he suffers shipwreck. In like manner a woman with child is often in danger of miscarrying and losing her

life, if she is not very careful to prevent those accidents to which she is subject all the time of her pregnancy ; all which time her care must be double, first of herself, and secondly of the child she goes with, for otherwise a single error may produce a double mischief ; for if she receives any prejudice, her child also suffers with her.

Let a woman therefore after conception observe a good diet, suitable to her temperament, custom, condition, and quality ; and if she can let the air where she ordinarily dwells be clear and well tempered, free from extremes either of heat or cold ; for being too hot, it dissipateth the spirits too much, and causeth many weakneses, and by being too cold and foggy, it may bring down rheums and distillations on the lungs, and so cause her to cough, which, by its impetuous motions forcing downwards, may make her miscarry : She ought also to avoid all nauseous and ill smells, for sometimes the stink of a candle not well put out may cause her to come before her time ; and I have known the smell of charcoal to have the same effect. Let her also avoid smelling to rue, mint, penny-royal, castor, brimstone, &c.

But with respect to her diet, women with child have generally so great loathings, and so many different longings, that it is very difficult to prescribe an exact diet for them. Only this I think adviseable, that they may use of those meats and drinks which are to them most desirable, though perhaps not in themselves so wholesome as some others, and it may not be so pleasant : but this liberty must be made use of with this caution, that what she so desires be not in itself absolutely unwholesome ; and also that in every thing they take care of excess. But if a child-bearing woman finds herself not troubled with such longings as we have spoken of, and in such quantity as may be sufficient for herself and the child, which her appetite may in a great measure regulate ; for it is alike hurtful for her to fast too long as to eat too much, and therefore rather let her eat a little and often, especially let her avoid eating too much at night ; because the stomach, being too much filled, compresseth the diaphragms, and thereby causes difficulty of breathing. Let her meat be easy of concoction, such as the tenderest parts of beef, mutton, veal, fowls, pullets, capons,

capons, pigeons, and partridges, either boiled or roasted, as she likes best; new laid eggs are also very good for her; and let her put into her broths those herbs that purify it, as sorrel, lettuce, succory, and burrage; for they will purge and purify the blood: Let her avoid whatsoever is hot seasoned, especially pies and baked meats, which, being of hot digestion, overcharge the stomach. If she desires fish, let it be fresh, and such as is taken out of rivers and running streams. Let her eat quinces, or marmalade, to strengthen her child; for which purpose sweet almonds, honey, sweet apples, and full ripe grapes, are also good. Let her abstain from all sharp, sour, bitter, and salt things, and all things that tend to provoke the terms, such as garlick, onions, olives, mustard, fennel, with pepper, and all spices, except cinnamon, which in the three last months are good for her. If at first her diet be sparing, as she increases in bigness let her diet be increased; for she ought to consider she has a child as well as herself to nourish. Let her be moderate in her drinking; and if she drinks wine, let it be rather claret than white, (which will breed good blood, help the digestion, and comfort the stomach, which is always but weakly during her pregnancy,) but white wine being diuretick, or that which provokes urine, ought to be avoided. Let her have a care of too much exercise, and let her avoid dancing, riding in a coach, or whatever else puts the body into violent motion, especially in her first month. But to be more particular, I shall here set down rules proper for every month for the child-bearing woman to order herself, from the time she has first conceived to the time of her delivery.

RULES for the first two Months.

AS soon as a woman knows or has reason to believe, she hath conceived, she ought to abstain from all violent motion or exercise, whether in walking, riding on horseback, or in a coach. Let her also abstain from venery, to which, after conception, she has usually no great inclination, lest there be a mole or superfœtation; which is the adding of one embryo to another. Let her beware she lift not her arms too high, nor carry great burdens, nor repose herself on hard and uneasy seats. Let her use moderately meat of good juice and easy concoction, and let her wine be

be neither too strong nor too sharp, but a little mingled with water; or, if she be very abstemious, she may use water wherein cinnamon is boiled. Let her avoid fastings, thirst, watching, mourning, sadness, anger, and all other perturbations of the mind. Let none present any strange or unwholesome things to her, nor so much as name it, lest she should desire it, and not be able to get it, and so either cause her to miscarry, or the child have some deformity on that account. Keep her belly loose with prunes, raisins, or manna, in her broth; and let her use the following electuary to strengthen the womb and the child.

“Take conserve of burrage, bugloss, and red roses, two ounces each; balm, citron-peel, and mirobalans candied, each an ounce; extract of wood aloes a scruple; pearl prepared half a dram; red coral, ivory, each a dram; precious stones each a scruple; candied nutmegs two drams; and with syrup of apples and quinces make an electuary.”

Let her use the following Rouls.

“Take pearls prepared a dram; red coral prepared and ivory, each half a dram; precious stones, each a scruple; yellow citron peels, mace, cinnamon, cloves, each half a dram; saffron a scruple; wood aloes half a scruple; amber-grease six drams, and with six ounces of sugar, dissolved in rose-water, make rouls.” Let her also apply strengtheners to the navel, of nutmegs, mace, mastic, made up in bags, or a toalt dipped in mamssey, sprinkled in powder of mint. If she happens to desire clay, chalk, or coal, (as many women with child do) give her beans boiled with sugar; and if she longs for any thing which she cannot obtain, let her presently drink a large draught of pure cold water.

Rules for the Third Month.

In this month and the next, be sure to keep from bleeding; for though it may be safe at other times, it will not be so until the end of the fourth month: and yet if too much blood abound, or some incident disease happen, which requires evacuation, you may use a cupping-glass, with scarification, and a little blood may be drawn from the shoulders and arms, especially if she has been accustomed to bleed. Let her also take care of lacing herself too straitly, but give herself more liberty than she used to do; for, inclosing her belly in too strait a mould, she
hinders

hinders the infant from taking its free growth, and often makes it come before its time.

Rules for the Fourth Month.

In this month you ought also to keep the child-bearing woman from bleeding, unless in extraordinary cases; but when this month is past, blood-letting and physic may be permitted, if it be gentle and mild; and perhaps it may be necessary to prevent abortion. In this month she may purge in an acute disease; but purging may be only used from the beginning of this month to the end of the sixth; but let her take care that in purging she uses no vehement medicine, nor very bitter, as aloes, which is an enemy to the child, and opens the mouth of the vessels; neither let her use coloquintida, scammony, nor turbit; she may use cassia, manna, rhubarb, agaric, and senna, but diacodionium purgans is best, with a little of the electuary of the juice of roses.

Rules for the Fifth, Sixth, and Seventh Months.

In these months child-bearing women are often troubled with coughs, heart-beating, fainting, watching, pains in the loins and hips, and bleeding.—The cough is from a sharp vapour that comes to the jaws and rough artery from the terms, or from the thin part of that blood gotten into the veins of the breast, or falling from the head to the breast: This endangers abortion, and strength fails from watching; therefore purge the humours that fall from the breast with rhubarb and agaric, and strengthen the head as in a catarrh, and give sweet lenitives as in a cough. Palpitation and fainting arises from vapours that go to it by the arteries, or from blood that aboundeth, and cannot get out at the womb, but ascends and oppresseth the heart; and, in this case, cordials should be used both inwardly and outwardly.—Watching is from sharp dry vapours that trouble the animal spirits; in this case use frictions, and let the woman wash her feet at bed-time, and let her take syrup of poppies, dried aoses, emulsions of sweet almonds and white poppy-seeds. If she be troubled with pains in her loins and hips, as in these months she is subject to be from the weight of her child, who is now grown big and heavy, and so stretcheth the ligaments of the womb, and parts adjacent, let her hold it up with
swathing

swathing bands about her neck. About this time also the woman often happens to have a flux of blood, either at the nose, womb, or hemorrhoids, from plenty of blood, or from the weakness of the child that takes it not in, or else from evil humours in the blood, that stirs up nature to send it forth. And sometimes it happens that the vessels of the womb may be broken, either by some violent motion, fall, cough, or trouble of mind; (for any of these will work that effect) and this is so dangerous, that in such a case the child cannot be well; but if it be from blood only, the danger is no less, provided it flows by the veins of the neck of the wombs, for then it prevents plethory, and takes away the nourishment of the child; but if it proceeds from the weakness of the child that draws it not, abortion of the child often follows, or hard travail, or else she goes beyond her time. But if it flows by the inward veins of the womb, there is more danger by the openness of the womb, if it come from evil blood; the danger is alike from cacochimy, which is like to fall upon both. If it arises from plethory, open a vein, but with very great caution, and give her astringents, such as the following: "Take pearls prepared, a scruple; red coral, two scruples; mace, nutmegs, each a dram; cinnamon, half a dram; make a powder, or with sugar, roul." Or, give this powder in broth. "Take red coral, a dram; precious stones, half a scruple; red saunders, half a dram; sealed earth, and tormentil roots, each two scruples, with sugar of roses, and manus Christi, with pearl, five drams, make a powder." You may also strengthen the child at the navel; and if there be a cacochimy, alter the humours, and evacuate, if you may do it safely: You may likewise use amulets on her hands, and about her neck. In a flux of hemorrhoids, let her drink hot wine with a toasted nutmeg. In these months the belly is also subject to be bound; but if it be without any apparent disease, the broth of a chicken, or of veal sodden with oil, or with the decoction of mallows, or marsh-mallows, mercury, and linseed put up in a clyster, will not be amiss, but in less quantity than is given in other cases; to wit, of the decoction five ounces, of common oil three ounces, of sugar two ounces, of cassia fistula one ounce. But if she will

will not take a clyster, one, or two yolks of new-laid eggs, or a few pease-pottage warm, with a little salt and sugar, supped up a little before meat, will be very convenient: But if her belly shall be distended, and stretched out with wind, a little fennel seed and anniseed reduced into powder, and mingled with honey and sugar, made after the manner of an electuary, will do very well. Also, if the thighs and feet swell, let them be anointed with oxphrodinum (which is a liquid medicine made with vinegar and rose water) mingled with a little salt.

Rules for the Eighth Month.

THE eighth is commonly the most dangerous, and therefore the greatest care and caution ought to be used; and her diet ought to be better in quality, but not more, not indeed so much in quantity as before; but as she must abate her diet, so she must increase her exercise: And because then women with child, by reason the sharp humours alter the belly, are accustomed to weaken their spirits and strength, they may well take before meat an electuary of diarrhodon or aromaticum rosatum, or diarmargarton; and as they will loath and nauseate their meat, they may take green ginger, condited with sugar, or the rinds of citrons and oranges condited; and often use honey for the strengthening of the infant. When she is not far from her labour, let her use every day seven roasted figs before meat, and sometimes lick a little honey; but let her beware of salt and powdered meat, for it is neither good for her nor the child.

Rules for the Ninth Month.

IN the ninth month, let her have a care of lifting any great weight; but let her move a little more to dilate the parts, and stir up natural heat. Let her take heed of stooping, and neither sit too much nor lie on her sides; neither ought she to bend herself much, lest the child be unfolded in the umbilical ligament, by which means it often perisheth. Let her walk and stir often, and let her exercise be rather to go upwards than downwards: Let her diet now especially be light and easy of digestion; as damask prunes with sugar, or figs and raisins, before her meat; as also the yolk of eggs, flesh and broth of chickens, birds, partridges, and pheasants; astringent and roasted meats,

meats, with rice, hard eggs, millet, and such like other things are proper; baths of sweet water, with emollient herbs, ought to be used by her this month without intermission. And after the bath, let her belly be anointed with oil of roses and violets; but for her privy parts, it is better to anoint them with the fat of hens, geese, or ducks, or with oil of lillies, and the decoction of linseed and fenugreek, boiled with oil of linseed and marshmallows, or with the following lineament.

“Take of mallows and marshmallows, cut and shred, of each an ounce; of linseed, one ounce; let them be boiled from twenty ounces of water to ten; then let her take three ounces of the boiled broth; of oil of almonds, and oil of flower-de-luce, of each one ounce; of deer’s suet three ounces; let her bathe with this, and anoint herself with it warm.”

If for fourteen days before the birth she do every morning and evening bathe and moisten her belly with muscadine and lavender water, the child will be much strengthened thereby. And if every day she eat toasted bread, it will hinder any thing from growing to the child. Her privy parts may be also gently stroaked down with this fomentation:

“Take three ounces of linseed; of mallows and marshmallows sliced, of each one handful; let them be put into a bag, and boiled immediately;” and let the woman with child every morning and evening take the vapour of this decoction in a hollow stool, taking great heed that no wind or air come to her in any part, and then let her wipe the part so anointed with a linen cloth, that she may anoint the belly and groins as at first. When she is come to her time as to be within ten or fourteen days thereof, if she begins to feel any more than ordinary pain, let her use every day the following:

“Take mallows and marshmallows, of each one handful; camomile, herd mercury, maiden-hair, of each half a handful; of linseed, four ounces; let them be boiled in such a sufficient quantity of water as may make a broth therewith:” But let her not sit too hot upon the seat, nor higher than a little above her navel; nor let her sit on it longer than about half an hour, lest her strength languish
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and decay; for it is better to use it often, than to stay too long in it. And thus I have shewn how a child-bearing woman ought to govern herself in each month during her pregnancy. How she must order herself at her delivery, shall be shewn in another chapter, after I have first shewn the industrious Midwife how the child is formed in the womb, and the manner of its decumbiture there.

CHAP. I.

Of the Parts proper to a Child in the Womb: How it is formed there, and the Manner of its Situation therein.

IN the last chapter I shewed what conception was, how accomplished, its signs, and how she who hath conceived ought to order herself during the time of her pregnancy. Now, before I speak of her delivery, it is necessary that the midwife be first acquainted with the parts proper to a child in the womb, and also how it is formed, and the manner of its situation and decumbiture there; without the knowledge of which, no one can tell how to deliver a woman as she ought. This therefore shall be the work of this chapter. I shall begin with the first of these.

SECT. I. *Of the parts proper to a Child in the Womb.*

IN this section I must first tell you what I mean by the parts proper to a child in the womb, and they are only those that either help or nourish it, whilst it is lodged in that dark repository of nature, and that help to clothe and defend it there, and are cast away, as of no more use, after it is born; and these are two, to wit, the umbelicum, or navel vessels, and the secundinum; By the first it is nourished, and by the second clothed and defended from wrong. Of each of these I shall speak distinctly; and, first,

Of the Umbelicum or Navel-vessels.

These are four in number, viz. one vein, two arteries, and the vessel which is called urachos: 1. The vein is that by which the infant is nourished, from the time of its conception, to the time of its delivery; till, being brought into the light of this world, it has the same way of con-

cocting its food that we have. This vein ariseth from the liver of the child, and is divided into two parts when it hath passed the navel; and these two are again divided and subdivided, the branches being upheld by the skin called chorion, (of which I shall speak by and by) and are joined to the veins of the mother's womb, from whence they have their blood for the nourishment of the child. 2. The arteries are two on each side, which proceed from the back branches of the great artery of the mother; and the vital blood is carried by these to the child, being ready concocted by the mother. 3. A nervous or finewy production is led from the bottom of the bladder of the infant to the navel, and this is called urachos; and its use is to convey the urine of the infant from the bladder to the alantois. Anatomists do very much vary in their opinions concerning this; some denying any such thing to be in the delivery of women, and others affirming it; but experience testifies there is such a thing: For Bartholomew Cabrolus, the ordinary doctor of anatomy to the college of physicians at Montpelier in France, records the history of a maid, whose water being a long time stopped, at last issued out through her navel: And Johannes Fernelius speaks of the same thing that happened to a man of thirty years of age, who having a stoppage in the neck of the bladder, his urine issued out of his navel many months together, without any prejudice at all to his health, which he ascribes to the ill lying of his navel, whereby the urachos was not well dried. And Volchier Coitas quotes such another instance in a maid of thirty four years, at Nuremberg in Germany. These instances, though they happen but seldom, are sufficient to prove that there is such a thing as an urachos in men. These four vessels before mentioned, to wit, one vein, two arteries, and the urachos, do join near to the navel, and are united by a skin which they have from the chorion, and so become like like a gut or rope, and are altogether void of sense; and this is that which the good women call the navel-string. The vessels are thus joined together, that so they may neither be broken, severed, nor entangled; and, when the infant is born, are of no use, save only to make up the ligament which stops the hole of the navel, and some other physical use, &c.

Of the Secundine or After-birth.

Setting aside the name given to this by the Greeks and Latins, it is called in English by the name of Secundine, After-birth, and After-burden, which are held to be four in number.

1. The first is called Placentia, because it resembles the form of a cake, and is knit both to the navel and chorion, and makes up the greatest part of the secundine or after-birth. The flesh of it is like that of the milt, or spleen, soft, red, and tending something to blackness, and hath many small veins and arteries in it; and certainly the chief use of it is for containing the child in the womb.

2. The second is the Chorion. This skin, and that called the Amnios, involve the child round, both above and underneath, and on both sides, which the Alantois doth not: This skin is that which is most commonly called the secundine, as it is thick and white, garnished with many small veins and arteries, ending in the Placentia before named, being very light and slippery. Its use is not only to cover the child round about, but also to receive and safely bind up the roots and the veins and arteries, or navel vessels before described.

3. The third thing which makes up the secundine, is the Alantois, of which there is a great dispute amongst anatomists; some saying there is such a thing, and others that there is not: Those that will have it to be a membrane, say it is white, soft, and exceeding thin, and just under the Placentia, where it is knit to the Urachos, from whence it receives the urine; and its office is to keep it separate from the sweat, that the saltness of it may not offend the tender skin of the child.

4. The fourth and last covering of the child is called Amnios, and it is white, soft, and transparent, being nourished by some very small veins and arteries. Its use is not only to enwrap the child round, but also to retain the sweat of the child.

Having thus described the parts proper to the child in the womb, I will next proceed to speak of the formation of the child therein, as soon as I have explained the hard terms in this section, that those for whose help this is designed, may understand what they read. There is none so

ignorant as not to know that a vein is that which receives blood from the liver, and distributes it in several branches to all the parts of the body.—Arteries proceed from the heart, are in continual motion, and by that motion quicken the body.—Nerve is the same with sinew, and is that by which the brain adds sense and motion to the body.—Placenta properly signifies a sugar-cake; but in this section it is used to signify a spongy piece of flesh, resembling a cake, full of veins and arteries, and is made to receive the mother's blood, appointed for the infant's nourishment in the womb—Chorion is the outward skin which compasseth the child in the womb.—The Amnios is the inner skin which compasseth the child in the womb.—The Alantois is the skin that holds the urine of the child during the time that it abides in the womb,—The Urachos is the vessel that conveys the urine from the child in the womb to the Alantois.——I now proceed to

SECT. II. *Of the Formation of the Child in the Womb.*

TO speak of the formation of the child in the womb we must begin where nature begins; and that is, at the act of coition, in which the womb having received the generative seed, without which there can be no conception, the womb immediately shuts up itself so close that not the point of a needle can enter the inward orifice; and this it does partly to hinder the issuing out of the seed again, and partly to cherish it by an inbred heat, the better to provoke it to action; which is one reason why women's bellies are so lank at their first conception. The woman having thus conceived, the first thing which is operative in the conception is the spirit, whereof the seed is full, which, nature quickening by the heat of the womb, stirs it up to action. This seed consists of very different parts, of which some are more, and some are less pure. The internal spirits therefore separateth those parts that are less pure, which are thick, cold, and clammy, from them that are more pure and noble. The less pure are cast to the outsides, and with them the seed is circled round, and of them the membranes are made, in which that seed which is the most pure is wrapped round, and kept close together, that it may be defended from cold and other accidents, and operate the better.

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The first thing that is formed is the amnios, the next the chorion; and they enwrap the seed round as it were a curtain. Soon after this (for the seed thus shut up in the woman lies not idle) the navel vein is bred, which pierceth those skins, being yet very tender, and carries a drop of blood from the veins of the mother's womb to the seed; from which drop is formed the liver, from which liver there is quickly bred the vena cava, or chief vein, from which all the rest of the veins that nourish the body spring; and now the seed hath something to nourish it, whilst it performs the rest of nature's work, and also blood administered to every part of it to form flesh.

This vein being formed, the navel-arteries are soon after formed; then the great artery, of which all others are but branches, and then the heart; for the liver furnisheth the arteries with blood to form the heart, the arteries being made of seed, but the heart and the flesh of blood. After this the brain is formed; and then the nerves, to give sense and motion to the infant. Afterwards the bones and flesh are formed, and of the bones, first the vertebræ or chine bones, and then the skull, &c.

As to the time in which this curious part of nature's workmanship is formed, physicians assign four different seasons wherein this microcosm is formed, and its formation perfected in the womb: The first is immediately after coition; the second time of forming, say they, is when the womb by the force of its own innate power and virtue makes a manifest mutation or coagulation in the seed, so that all the substance thereof seems coagulated flesh and blood, which happens about the twelfth or fourteenth day after copulation; and though this concretion of fleshy mass abounds with spirits, yet it remains undistinguishable without any form, and may be called a rough draught of the fœtus or embryo. The third time in which this fabric is come to some further maturity is, when the principal parts may be in some measure distinguished, and one may discern the liver, umbilical veins, arteries, nerves, brain, and heart; and this is about eighteen days after conception. The fourth and last time assigned by physicians for the formation of the child, is about the thirtieth day after conception for a male, but, for a female, they tell us

forty-two or forty-five days are required, though for what reason I know not, nor does it appear by the birth: for if the male receives its formation fifteen days sooner than the female, why should it not be born so much sooner too? But, as to that, every day's experience shew us the contrary; for women go the full time of nine months both with male and female. But at this time of thirty days (or some will have it forty-five) the outward parts may be also seen exquisitely elaborate, and distinguished by joints; and from this time the child begins to be animated, though as yet there is no sensible motion; and has all the parts of the body, though small and very tender, yet entirely formed and figured, although not longer in the whole than one's middle finger: and from thence forward, the blood flowing every day more and more to the womb, not by intervals like their courses, but continually, it grows bigger and stronger to the end of nine months, being the full time of a woman's ordinary labour.

Very great have been the disputes among both philosophers and physicians about the nourishment of the child in the womb, both as to what it is, and which way it receives it. Almazon was of opinion that the infant drew in its nourishment by its whole body, because it is rare and spungy, as a sponge sucks in water on every side; and so he thought the infant sucked blood, not only from its mother's veins, but also from the womb. Democritus held that the child sucked in the nourishment at its mouth. Hippocrates affirms that the child sucks in both nourishment and breath by its mouth from the mother, for which he gives two reasons: 1. That it will suck as soon as it is born, and therefore must have learnt to suck before. 2. Because there are excrements found in the guts as soon as it is born. But neither of these reasons are sufficient to prove his assertion: For, as to the first, 'That the child will suck as soon as it is born,' it is from a natural instinct; for take a young cat that never saw her dam catch a mouse, and yet she will catch mice herself as soon as she is able. And as to his second reason, it is a sufficient answer to say, that the excrements found in the guts of an infant new-born are not excrements of the first concoction, which is evident, because they don't stink, but are the thickest part of the blood,

blood, which is conveyed from the vessels of the spleen to the guts. Having therefore said enough to confute the opinion of the child's receiving the nourishment by the mouth, I do affirm that the child receives its nourishment in the womb by the navel; and, that it should be so, is much more consonant to truth and reason; which being granted, it will easily follow, that the nourishment the child receives is by the pure blood conveyed into the liver by the navel-vein, which is a branch of the vena porta, or great vein, and passeth to the small veins of the liver. Here this blood is made most pure, and the thicker and rawer part of it is conveyed to the spleen and kidneys, and the thick excrement of it to the guts, which is that excrement found there so soon as they are born. The pure part is conveyed to the vena cava, and by it distributed throughout the body by the small veins, which, like so many small rivulets, pass to every part of it. This blood is accompanied (as all blood is) with a certain watery substance, the better to convey it through the passage it is to run in, which, as in men, is breathed out by sweating, and contained in the amnios, as I have already said.

SECT. III. *Of the Manner of the Child's lying in the Womb.*

I Come now to shew after what manner the child lies in the womb, a thing so essential for a midwife to know that she can be no midwife who is ignorant of it; and yet, even about this, authors extremely differ: For there is not two in ten that agree what is the form that the child lies in the womb, or in what fashion it lies there; and yet this may arise in a great measure from the different figures that the child is found in, according to the different times of the woman's pregnancy; for near the time of its deliverance out of those winding chambers of nature, it oftentimes changes the form in which it lay in before for another. Hippocrates affirms the child is so placed in the womb as to have its hands, its knees, and its head bent down towards its feet, so that it lies round together, its hands upon both its knees, and its face between them; so that each eye toucheth each thumb, and its nose betwixt its knees: And Bartholinus was also of the same opinion. Columbus describes the posture of the child thus: 'The right arm bowed,

bowed, the fingers whereof under the ear and above the neck; the head bowed down, so that the chin toucheth the breast, the left arm bowed above both breast and face, and the left arm is propped up by the bending of the right elbow; the legs are lift upwards, the right of which is so lifted up that the thigh toucheth the belly, the knees the navel, the heel the left buttock, and the foot is turned back and covereth the secrets; the left thigh toucheth the belly, and the leg is lifted up to the breast, the back lying outward. And thus much shall suffice touching the opinion of authors.

I will now shew the several situations of the child in the womb, according to the different times of pregnancy, by which those that are contrary to nature, and are the chief cause of all labours, will be the more easily conceived by the understanding midwife: It ought therefore, in the first place, to be observed, that the infant, as well male as female, are generally situated in the midst of the womb; for though sometimes to appearance a woman's belly seems higher on one side than the other, yet is so with respect to her belly only, and not of her womb, in the midst of which it is always placed.

But, in the second place, a woman's great belly makes different figures, according to the different times of pregnancy; for, when she is young with child, the embryo is always found of a round figure, a little oblong, having the spine moderately turned inwards, the thighs folded, and a little raised, to which the legs are so joined that the heels touch the buttocks; the arms are bending, and the hands placed upon the knees, towards which the head is inclining forwards, so that the chin toucheth the breast; in which posture it resembles one's sitting to ease nature, and stooping down with the head to see what comes from him. The spine of its back is at that time placed towards the mother's, the head uppermost, the face forwards, and the feet downwards; and, proportionably to its growth, it extends its members by little and little, which were exactly folded the first month. In this posture it usually keeps till the seventh or eighth months, and then, by a natural propensity and disposition of the upper part of the body, the head is turned downwards toward the inward orifice of the womb, tumbling

as it were over its head, so that then the feet are uppermost, and the face towards the mother's great gut; and this turning of the infant in this manner, with his head downwards, towards the latter end of a woman's reckoning, is so ordered by nature, that it may thereby be the better disposed for its passage into the world at the time of its mother's labour, which is then not far off; (and indeed several children turn not at all until the very time of birth,) for in this posture all its joints are most easily extended in coming forth; for by this means the arms and legs cannot hinder its birth, because they cannot be bended against the inward orifice of the womb; and the rest of the body, being very supple, passeth without any difficulty after the head, which is hard and big, being past the birth. It is true, there are divers children that lie in the womb in another posture, and come to the birth with their feet downwards, especially if there be twins; for then by their different motions they do so disturb one another, that they seldom come both in the same posture at the time of labour, but one will come with the head, and another with the feet, or perhaps lie cross; and sometimes none of them will come right. But however the child may be situated in the womb, or in whatever posture it presents itself at the time of birth, if it be not with its head forwards, as I have before described, it is always against nature; and the delivery will occasion the mother more pain and danger, and require greater care and skill from the midwife than when the labour is more natural.

C H A P. IV.

A Guide for Women in Travail, shewing what is to be done when they fall in Labour, in order for their Delivery.

THE end of all that we have been treating of, is the bringing forth a child into the world with safety both to the mother and the infant. The whole time of a woman's pregnancy may very well be termed a kind of labour; for, from the time of her conception, to the time of her delivery, she labours under many difficulties, is subject to many distempers, and in continual danger, from
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one cause or another, till the time of birth comes, and, when that comes, the greatest labour and travail comes along with it, insomuch, that then all her other labours are forgotten, and that only is called the time of her labour; and to deliver her safely is the principal business of the midwife. To assist her herein is the chief design of this chapter. The time of the child's being ready for its birth, when nature endeavours to cast it forth, is that which is properly the time of a woman's labour. And since many women, especially of their first child, are often mistaken in their reckoning, and so, when they draw near their time, take every pain they meet with for their labour, when it is not so, which often proves prejudicial and troublesome to them, I will, in the first section of this chapter, set down some signs, by which a woman may know when the true time of her labour is come.

SECT. I. *Signs of the true Time of a Woman's Labour.*

WHEN women with their first child, perceive any extraordinary pains in their belly, they immediately send for their midwife, taking it for their labour; and then if the midwife be not a skilful and judicious woman, she will, without further inquiry, take it for granted, and so go about to put her into labour before nature is prepared for it; which may endanger the lives both of mother and child, by breaking the amnios and chorion. These pains, which are often mistaken for labour, are removed by warm cloths laid to the belly, and the application of a clyster or two, by which those pains that precede a true labour are rather furthered than hindered. There are also other pains incident to women in that condition from a flux of the belly, which are easily known by the frequent stools that follow them.

The signs therefore of labour some few days before are, that the woman's belly, which before lay high, sinks down, and hinders her from walking so easily as she used to do; also, there flows from the womb slimy humours, which nature has appointed to moisten and smooth the passage, that its inward orifice may be the more easily dilated when there is occasion; which beginning to open at that time, suffers that slime to flow away, which proceeds from the glands

dules called *Prostratæ*. These are signs preceding labour; but, when she is presently falling into labour, the signs are great pains about the region of the reins and loins, which, coming and reiterating by intervals, answer to the bottom of the belly by congruous throes, and sometimes the face is red and enflamed, the blood being much heated by the endeavours a woman makes to bring forth her child; and likewise, because during these strong throes her respiration is intercepted, which causes the blood to have recourse to her face: also, her privy parts are swelled by the infant's head lying in the birth, which, by often thrusting, causes those pains to descend outwards. She is much subject to vomiting, which is a sign of good labour and speedy delivery, though by ignorant women thought otherwise, for good pains are thereby excited and redoubled; which vomiting is occasioned by the sympathy there is between the womb and the stomach. Also, when the birth is near, women are troubled with a trembling in the thighs and legs, not with cold, like the beginning of an ague fit, but with the heat of the whole body, though this does not always happen. When the humours which flow from the womb are discoloured with blood, the midwives call it *Shows*, and it is an infallible mark of the birth's being near; and if then the midwife put up her fingers into the neck of the womb she will find the inner orifice dilated; at the opening of which, the membranes of the infant containing the waters present themselves, and are strongly forced downwards with each pain she hath; at which time one may perceive them sometimes to resist, and then again press forward the finger, being more or less hard and extended, according as the pains are stronger or weaker. These membranes, with the waters in them, when they are before the head of the child, which the midwives call the *Gathering of the Waters*, resemble, to the touch of the finger, those eggs which have no shell, but are covered only with a simple membrane. After this, the pains still redoubling, the membranes are broken by a strong impulsion of the waters, which presently flow away, and then the head of the infant is presently felt naked, and presents itself at the inward orifice of the womb: when these waters come thus away, then the midwife may be assured the birth

is very near, this being the most certain sign that can be; for the Amnios and Alantois being broken, which contained those waters, by the pressing forward of the birth; the child is no better able to subsist long in the womb afterwards, than a naked man in a heap of snow. Now, these waters, if the child comes presently after them, facilitate the labour, by making the passage slippery; and therefore let no midwife (as some have foolishly done) endeavour to force away the water, for nature knows best when the true time of the birth is, and therefore retains the water till that time. But if by accident the water breaks away too long before the birth, then such things as will hasten it, may be safely admitted; and what those are I shall shew in another section.

SECT. III. *How a Woman ought to be ordered when the Time of her Labour is come.*

WHEN it is known that the true time of a woman's labour is come, by the signs laid down in the foregoing section, of which those that are most to be relied on are pains and strong throes in the belly, forcing downwards towards the womb, and a dilation of the inward orifice, which may be perceived by touching it with the finger, and the gathering of the waters before the head of the child, and thrusting down of the membranes which contain them; through which, between the pains, one may with the finger discover the part which presents, as said before, especially if it be the head of the child, by its roundness and hardness. If these things concur, and are evident, the midwife may be sure it is the time of her labour; and care must be taken to get all things ready that are necessary to comfort the woman in that time. And, the better to help her, be sure to see she be not strait-laced: You may also give her a pretty strong clyster, or more, if there be occasion, provided it be done at the beginning, and before the child be too forward. The benefit accruing hereby will be, to excite the gut to discharge itself of its excrements, that so the rectum being emptied, there may be more space for the dilation of the passage; likewise to cause the pains to bear the more downward, through the endeavours she makes when she is at stool; and,

and, in the mean time, all other necessary things for her labour should be put in order, both for the midwife and the child. To this end some get a midwife's stool, but a pallet bed girted is much the best way, placed near the fire, if the season so require; which pallet ought to be so placed, that there may be easy access to it on every side, that the woman may be the more readily assisted, as there is occasion.

If the woman abounds with blood, to bleed her a little may not be improper, for hereby she will both breathe the better, and have her breasts more at liberty, and likewise more strength to bear down her pain; and this she may do without danger, because the child being about that time ready to be born, has no more need of the mother's blood for its nourishment: Besides, this evacuation does many times prevent her having a fever after delivery. Also, before her delivery, if her strength will permit, let her walk up and down her chamber; and that she may have strength so to do, it will be necessary to give her some good strengthening things, such as jelly broth, new-laid eggs, or some spoonfuls of burnt wine. And let her by all means hold out her pains, bearing them down as much as she can at the time when they take her; and let the midwife from time to time touch the inward orifice with the finger, to know whether the waters are ready to break, and whether the birth will follow soon after: let her also anoint the woman's privities with emollient oil, hog's grease, and fresh butter, if she finds they are hard to be dilated. Let the midwife likewise be all the while near the labouring woman, and diligently observe her gestures, complaints, and pains, for by this she may guess pretty well how her labour advanceth; because, when she changeth her ordinary groans into loud cries, it is a sign the child is very near the birth; for at that time her pains are greater and more frequent. Let the woman likewise by intervals rest herself on the bed to regain her strength, but not too long, especially if she be little, short, and thick, for such women have always worse labour if they lie long on their beds in their travail; it is better therefore that they walk as much as they can about the chamber, the women supporting her under their arms, if it be necessary,

for by this means the weight of the child causeth the inward orifice of the womb to dilate sooner than in bed; and, if her pains be stronger and more frequent, her labour will not be near so long.

Let not the labouring woman be concerned at those qualms and vomitings which perhaps she may find come upon her, for they will be much for her advantage in the issue, however uneasy she may be for the time, as they further her throws and pains, provoking downwards. But to proceed:

When the waters of the children are ready and gathered, which may be perceived through the membranes to present themselves to the inward orifice, of the bigness of the whole dilation, the midwife ought to let them break of themselves, and not, like some hasty midwives, who being impatient of the woman's long labour, break them, intending thereby to hasten their business, when, instead thereof, they retard it; for, by the too hasty breaking of these waters (which Nature designed to cause the infant to slide forth the more easy), the passage remains dry, by which means the pains and throes of the labouring woman are less efficacious to bring forth the infant than they would otherwise have been. It is therefore much the better way to let the waters break of themselves; after which the midwife may with ease feel the child bare by that which first presents, and thereby discern whether it comes right, that is, with the head foremost, for that is the most proper and natural way of its birth: if the head comes right, she will find it round, big, hard, and equal; but if it be in any other part, she will feel it unequal, rugged, and soft or hard, according to the nature of the part it is. And this being the true time when the woman ought to deliver, if nature be not wanting to perform its office, therefore when the midwife finds the birth thus coming forward, let her hasten to assist and deliver it, for it ordinarily happens soon after, if it be natural.

But if it happens, as sometimes it may, that the waters break away too long before the birth, in such a case those things that hasten nature may be safely admitted; to which purpose, let her make use of penny-royal, dittany, juniper-

juniper-berries, red coral, bettony, and featherfew boiled in white wine, and a draught of it drank; or it would be much better to take the juice of it when it is in its prime, which is in May, and having clarified it, let them make it into a syrup, with double its weight of sugar, and keep it by them all the year, to use when occasion calls for it. Mugwort, used in the same manner, is also good in this case. Also a dram of cinnamon powder given inwardly profits much in this case; and so does tansey bruised and applied to the privities, or an oil of it so made and used as you were taught before. The stone *Ætites* held to the privities is of extraordinary virtue, and instantly draws away both child and after-burden; but great care must be taken to remove it presently, or it will draw forth the womb and all; for such is the magnetick virtue of this stone, that both child and womb follow it as readily as iron doth the load-stone, or as the lead-stone the North-star.

There are many other things that physicians affirm are good in this case: among which are, an ass's or an horse's hoof hung near the privities; a piece of red coral hung near the said place: a load-stone helps much, held in the woman's left hand, or the skin which a snake hath cut off, girt about the middle next the skin. These things are mentioned by Mizaldus; but setting those things aside, as not so certain, notwithstanding Mizaldus quotes them, the following prescriptions are very good to give speedy deliverance to women in travail.

1. A decoction of white-wine made in savory, and drunk.

2. Take wild tansey, or silver-weed, bruise it, and apply it to the woman's nostrils.

3. Take date stones, and beat them to powder, and let her take half a dram of them in white wine at a time.

4. Take parsley, and bruise it, and press out the juice, and dip a linen cloth in it, and put it up so dipped into the mouth of the womb, it will presently cause the child to come away though it be dead, and will bring away the after-burden. Also the juice of parsley is a thing of so great virtue, (especially stone parsley,) that being drank

by a woman with child, it cleanseth not only the womb, but also the child in the womb, of all gross humours.

5. A scruple of castor^{um} in powder, in any convenient liquor, is very good to be taken in such a case; and so also is two or three drops of spirit of castor^{um} in any convenient liquor; also eight or nine drops of spirits of myrrh, given in any convenient liquor, gives speedy deliverance.

6. Give a woman in such a case another woman's milk to drink, it will cause speedy delivery, and almost without any pain,

7. The juice of leeks, being drank with warm water, hath a mighty operation to cause speedy delivery.

8. Take piony-seeds, and beat them into powder, and mix the powder with oil, with which oil anoint the loins and privities of the woman with child; it gives her deliverance very speedily, and with less pain than can be imagined.

9. Take a swallow's nest, and dissolve it in water, strain it, and drink it warm; it gives delivery with great speed and much ease.

Note this also in general, That all things that move the terms are good for making the delivery easy; such as myrrh, white amber in white wine, or lilly-water, two scruples or a dram; or cassia lignea, dittany, each a dram, cinnamon half a dram, saffron a scruple, give a dram; or take borax mineral a dram, cassia lignea a scruple, saffron six grains, and give it in sack; or take cassia lignea a dram, dittany, amber, of each half a dram, cinnamon, borax, of each a dram and a half, saffron a scruple, and give her half a dram; or give her some drops of oil of hazel in convenient liquor; or two or three drops of oil of cinnamon in vervain water. Some prepare the secundine thus: Take the navel string and dry it in an oven; take two drams of the powder, cinnamon a dram, saffron half a scruple, with juice of savin make troches; give two drams; or wash the secundine in wine, and bake it in a pot; then wash it in endive water and wine; take half a dram of it; long pepper, galangal, of each half a dram; plantain and endive-seed, of each a dram and a half; lavender-seed, four scruples: make a powder; or take laudanum two drams, storax, calamine, benzoin, of each half a dram; musk, ambergrease, each six grains;

grains; make a powder, or troches for a fume. Or use pessaries to provoke the birth; take galbanum dissolved in vinegar, an ounce; myrrh, two drams, saffron a dram; with oil of orts make a pessary.

An Ointment for the Navel.

Take oil of keir two ounces, juice of savin an ounce, of leeks and mercury, each half an ounce; boil them to the consumption of the juice; and galbanum dissolved in vinegar, half an ounce, myrrh two drams, storax liquid a dram; round birthwort, fowbread, cinnamon, saffron, a dram; with wax make an ointment, and apply it.

If the birth be retarded through the weakness of the mother, refresh her with applying wine and soap to the nose, Confect. Alkermas, Diamarg.

These things may be applied to help nature in the delivery when the child comes to the birth the right way, and yet the birth is retarded; but if she finds the child comes the wrong way, and she is not able to deliver the woman as she ought to be, by helping nature and saving both mother and child, (for it is not enough to lay a woman, if it might be done by another with more safety and ease, and less hazard both to woman and child) then let her send speedily for better and more able help; and not as I once knew a midwife, when a woman she was to deliver had hard labour, rather than a man-midwife should be sent for, would undertake to deliver the woman herself, (though told by others that it was man's business) and in her attempting it brought away the child, but left the head of the infant behind in the mother's womb; and, had not a man-midwife been presently sent for, the mother had lost her life as well as the child; such persons may rather be termed butchers than midwives. But supposing the woman's labour to be natural, I will next shew what the midwife ought to do in order to her delivery.

C H A P. V.

Of natural Labour; what it is, and what the Midwife is to do in such a Labour.

SECT. I. *What natural Labour is.*

THERE are four things to denominate a woman's labour natural; the first is, that it be at the full

time; for if a woman comes before her time it cannot properly be termed natural labour, neither will it be so easy as if she had completed her nine months. The second thing is, that it be speedy, and without any ill accident; for when the time of the birth is come, nature is not dilatory in the bringing of it forth, without some ill accident intervene, which renders it unnatural. The third is, that the child be alive; for all will grant, that the being delivered of a dead child is very unnatural. The fourth thing requisite to a natural birth is, that the child come right; for if the position of the child in the womb be contrary to what is natural, and the event proves it so too often, making that which should be a time of life the death both of the mother and the child.

Having thus told you what I mean by natural labour, I shall next shew how the midwife is to proceed herein, in order to the woman's delivery. When all the foregoing requisites concur, and after the waters are broke of themselves, let the labouring woman be conducted to a pallet-bed, provided near the fire for that purpose, as has already been said, and let there rather be a quilt laid upon the pallet bedstead than a feather bed, having thereon linen cloths in many folds, with such other things as are necessary, and may be changed according to the exigence requiring it, that so the woman may not be incommoded with the blood, waters, and other filth which is voided in labour. The bed ought so to be ordered, that the woman, being ready to be delivered, should lie on her back upon it, having her body in a convenient posture; that is, her head and breast a little raised, so that she be between lying and sitting, for being so placed, she is best capable of breathing, and likewise will have more strength to bear her pains, than if she lay otherwise, or sunk down in her bed. Being so placed, she must spread her thighs abroad, folding her legs a little towards her buttocks, somewhat raised by a small pillow underneath, to the end her rump should have more liberty to retire back; and let her feet be staid against some firm things: besides this, let her take hold of some of the good women attending her with her hands, that she may the better stay herself during her pains. She being thus placed near the side of her bed, having her midwife by, the better.

better to assist upon occasion, let her take courage, and help her pains the best she can, bearing them down when they take her, which she must do by holding in her breath, and forcing herself as much as possible, in like manner as when she goes to stool; for, by such straining, the diaphragma, or midriff, being strongly thrust downwards, necessarily forces down the womb, and the child in it. In the mean time let the midwife endeavour to comfort her all she can, exhorting her to bear her labour courageously, telling her it will be quickly over, and that there is no fear but she will have a speedy delivery. Let the midwife also, having no rings on her hand, anoint it with oil or fresh butter, and therewith dilate gently the inward orifice of the womb, putting her finger-ends into the entry thereof, and then stretch them one from the other, when her pains take her; by this means endeavouring to help forward the child, and thrusting by little and little the sides of the orifice towards the hinder part of the child's head, anointing the parts also with fresh butter, if it be necessary.

When the head of the infant is somewhat advanced into this inward orifice, the midwife's phrase is, "It is crowned," because it girds and surrounds it just as a crown; but when it is so far that the extremities begin to appear without the privy parts, then say they, "The child is in the passage;" and at this time the woman feels herself as it were scratched, or pricked with pins, and is ready to imagine that the midwife hurts her, when it is occasioned by the violent distention of those parts, and the laceration which, at some times, the bigness of the child's head causeth there. When things are in this posture, let the midwife seat herself conveniently to receive the child, which will now come quickly, and with her finger-ends, (which she must be sure to keep close pared) let her endeavour to thrust the crowning of the womb (of which I have spoken before) back over the head of the child. And as soon as it is advanced as far as the ears, or thereabouts, let her take hold of the two sides with her two hands, that when a good pain comes she may quickly draw forth the child, taking care that the navel-string be not then entangled about the neck, or any other part, as sometimes it is, lest thereby the after-burden be pulled with violence, and perhaps the
womb

womb also, to which it is fastened; and so either cause her to flood, or else break the strings, both which are of bad consequence to the woman, whose delivery may thereby be rendered the more difficult. It must also be carefully heeded that the head be not drawn out straight, but shaking it a little from the one side to the other, that the shoulders may sooner and easier take their place immediately after it be past, without losing any time, lest the head being past, the child be stoppt there by the largeness of the shoulders, and so come in danger of being suffocated and strangled in the passage, as it sometimes happens for the want of care therein. But as soon as the head is born, if there be need, she may slide in her fingers under the arm-pits, and the rest of the body will follow without difficulty.

As soon as the midwife hath in this manner drawn forth the child, let her put it on one side, lest the blood and water which follow immediately, should do it an injury, by running into its mouth and nose, as it would do if it lay on its back, and so endanger the choaking it. The child being thus born, the next thing requisite is to bring away the after-burden; but before that, let the midwife be very careful to examine whether there be more children in the womb; for sometimes a woman may have twins that expected it not; which the midwife may easily know by the countenance of the pains after the child is born, and the bigness of the mother's belly. But the midwife may be more sure of it if she puts her hand up the entry of the womb, and finds there another water gathering, and a child in it presenting to the passage; and, if she finds so, she must have a care of going about to fetch away the after-birth, till the woman be delivered of all the children she is pregnant with. Wherefore the first string must be cut, being first tied with a thread three or four times doubled, and the other end fastened with a string to the woman's thigh, to prevent the inconvenience it may cause by hanging between her thighs; and then removing the child already born, she must take care to deliver of the rest, whether more or less, observing all the same circumstances as to the first; after which it will be necessary to fetch away the after-birth or births. But of that in another section; after first shewing what is to be done to the new-born infant.

SECT. II. *Of the cutting off the Child's Navel-string.*

THOUGH this is by many accounted but a trifle, yet great care is to be taken about it; and it shews none of the least art and skill of a midwife to do it as it should be: In doing this, the midwife ought to observe, 1. The time; 2. the place; 3. the manner; 4. the event.

The time is, as soon as ever the infant comes out of the womb, whether it brings part of the after-birth with it or not; for sometimes the child brings into the world a piece of the amnios upon its head, and is what the good woman calls the caul, and ignorantly attribute some extraordinary virtue to the child that is so born; but this opinion is only the effect of their ignorance; for when a child is born with such a crown (as some call it) upon its brows, it generally betokens weakness, and denotes a short life. But to the matter in hand. As soon as the child is come into the world, consider whether it be weak or strong; and if it be weak, let the midwife gently put back part of the vital and natural blood into the body of the child by its navel; for that recruits a weak child; but if the child be strong, the operation is needless. Only let me advise you, that many children that are born seemingly dead, may be soon brought to life again, if you squeeze six or seven drops of blood out of that part of the navel-string which is cut off, and give it to the child inwardly.

Authors can scarce agree, whether the navel-string should be cut long or short; some prescribing it to be cut at four finger's breadth, which is at best but an uncertain rule, unless all fingers were one size. It is a received opinion, that the parts adapted to generation are either contracted or dilated according to the cutting of the navel-string; and therefore midwives generally leave a longer part of it to a male than to a female, because they would have the males well provided for the encounters of Venus; and the reason they give why they cut that of the females shorter, is, because they believe it makes them modest, and their privities narrower, which makes them more acceptable to their husbands. Mizaldus was not of this opinion, and therefore he ordered the navel-string to be cut long both in male and female children; because, saith he, the instrument
of

of generation follows the proposition of it, and therefore, if it be cut too short in a female, it will be a hinderance to her having children. I will not contradict these opinions of Mizaldus, that experience has made good. The one is, that if the navel-string of a child after it is cut, be suffered to touch the ground, the child will never hold its water, neither sleeping nor waking, but will be subject to an involuntary making of water all its lifetime. The other is, that a piece of the child's navel-string carried about one, so that it touch his skin, defends him that wears it from the falling-sicknefs and convulsions.

As to the manner how it must be cut : Let the midwife take a brown thread four or five times double, of an ell long, or thereabouts, tied with a single knot at each of the ends, to prevent their entangling ; and with this thread so accommodated (which the midwife must have in readiness before the woman's labour, as also a good pair of scissars, that so no time may be lost) let her tie the string within an inch of the belly with a double knot, and, turning about the ends of the thread, let her tie two more on the other side of the string, reiterating it again, if it be necessary ; then let her cut off the navel another inch below the ligature, towards the after-birth, so that there only remains but two inches of the string, in the midst of which will be the knot we speak of, which must be so strait knit as not to suffer a drop of blood to squeeze out of the vessels ; but care must be taken not to knit it so strait as to cut it in two, and therefore the thread must be pretty thick, and pretty strait knit, it being better too strait than too loose ; for some children have miserably lost their lives, with all their blood, before it was discovered, because the navel-string was not well tied. Therefore great care must be taken that no blood squeeze thro', for if there do, a new knot must be made with the rest of the string. You need not fear to bind the navel-string very hard, because they are void of sense, and that part of it which you leave on falls off of its own accord, in a very few days, sometimes six or seven, and sometimes sooner ; but rarely tarries longer than the eighth or ninth. When you have thus cut the navel-string, then take care the piece that falls off touch not the ground, for the reason

reason I told you Mizaldus gave, which experience has justified.

As to the last thing I mentioned, which is the event or consequence, or what follows cutting of the navel-string: As soon as the navel-string is cut off, apply a little cotton or lint to the place to keep it warm, least the cold enter into the body of the child, which it will most certainly do if you have not bound it hard enough. If the lint or cotton you apply to it be dipt in oil of roses, it will be the better; and then put another small rag three or four times double upon the belly. Upon the top of all put another small bolster, and then swathe it with a linen swathe four fingers broad, to keep it steady, lest by rolling too much, or by being continually stirred from side to side, it comes to fall off before the navel-string, which you left remaining, is fallen off. It is the usual custom of midwives to put a piece of burnt rag to it, which we commonly call tinder: but I would rather advise them to put a little of armoniac to it, because of its drying quality. But this shall suffice to be spoken as to the cutting of the navel-string.

SECT. III. *How to bring away the After-burden.*

A Woman cannot be said fairly to be delivered, though the child be born, till the after-burden be also taken from her; herein differing from most animals, who, when they have brought forth their young, cast forth nothing else but some waters, and the membranes which contained them. But women have an after-labour, which sometimes proves more dangerous than the first: and how to bring it safely away, without prejudice to her, shall be my business to shew in this section.

As soon as the child is born, before the midwife either ties or cuts the navel-string, lest the womb should close, let her take the string and wind it once or twice about one or two of the fingers of her left hand joined together, the better to hold it, with which she may draw it moderately, and with the right hand she may only take a single hold of it above the left near the privities, drawing likewise with that very gently, resting the while the fore-finger of the same hand, extended and stretched forth along the string

string towards the entry of the vagina; always observing, for the more facility, to draw it, from the side where the burden cleaves least, for in so doing the rest will separate the better; and special care must be taken that it be not drawn forth with too much violence, lest by breaking the string near the burden the midwife will be obliged to put the whole hand into the womb to deliver the woman; and she had need be a very skilful person that undertakes it, lest the womb, to which this burden is sometimes very strongly fastened, be not drawn away with it, as it has sometimes happened. It is therefore best to use such remedies as may assist nature. And here take notice, that what brings away the birth will also bring away the after-birth. And therefore, for the effecting this work, I will lay down the following rules:

1. Use the same means in bringing away the after-birth that you made use of to bring away the birth; for the same care and circumspection is needful now that was then.

2. Consider the labouring woman cannot but be much spent by what she has already undergone in bringing forth the infant; and therefore be sure to take care to give her something to comfort her. And in this case good jelly broths, also a little wine and toast in it, and other comforting things, will be very necessary.

3. A little white hellebore in powder, to make her squeeze, is in this case very proper.

4. Tansy and the stone ætites, applied as before directed, is also of good use in this case.

5. If you take the herb vervain, and either boil it in wine, or make a syrup with the juice of it, which you may do by adding to it double its weight of sugar (having clarified the juice before you boil it) and a spoonful or two of that given to the woman is very efficacious to bring away the secundine; and featherfew and mugwort have the same operation taken as the former.

6. Alexander boiled in wine, and the wine drank; also sweet cervile, sweet cicely, angelica roots, and masterwort, are excellent remedies in this case.

7. Or if these fail, the smoak of marygolds received up a woman's privities by a funnel have been known to bring away

away the after-birth, even when the midwife let go her hold.

8. Which is all I shall add in this case. Boil mugwort in water till it be very soft; then take it out, and apply it in manner of a poultice to the navel of a labouring woman, and it instantly brings away the birth and after-birth: But special care must be taken to remove it as soon as they come away, least by its longer tarrying it should draw away the womb also. But this much shall suffice to be spoken of in bringing away the after-burden in all natural labours.

SECT. IV. *Of laborious and difficult Labours, and how the Midwife is to proceed therein.*

TO proceed in this section the more regularly, it will be necessary to acquaint the reader that there are three sorts of bad labours, all painful and difficult, but not all properly unnatural. It will be necessary therefore to distinguish these.

The first of these bad labours is that wherein the mother and child suffer very much by extreme pain and difficulty, even though the child come right; and this is distinguishably called laborious labour.

The second is that which is difficult, and differs not much from the former, except that besides those extraordinary pains, it is generally attended with some unhappy accident, which by retarding the birth, causes the difficulty; and these difficulties being removed, accelerates the birth, and hastens the delivery.

Some have asked what the reason is that women bring forth their children with so much pain? I answer, the sense of feeling is distributed to the whole body by the nerves, and the mouth of the womb being so strait that it must of necessity be dilated at the time of the woman's delivery, the dilating thereof stretches the nerves, and from thence comes the pain. And therefore the reason why some women have more pain in their labour than others, proceeds from their having the mouth of the matrix more full of nerves than others, as skilful anatomists do easily discover.

But to proceed: the best way to remove these difficul-

ties that occasion such hard pains and labour as I am here to treat of, is, to shew from whence they proceed; for the cause of any distemper being known, is as much as half the cure. Now the difficulty of labour proceeds either from the mother or child, or both.

From the mother, by reason of the indisposition of her body, or may be from some particular part only, and chiefly the womb, as when the woman is weak, and the mother is not active to expel its burden, or from weakness or disease, or want of spirits; or it may be from some strong passion of the mind with which she was before possessed; it may be also because she may be too young, and so may have the passages too strait; or too old, and then, if it be her first child, because her parts are too dry and too hard, and cannot be so easily dilated, as happens also to them which are too lean. Likewise those who are either small, short, or deformed, as crooked women, who have not a breath strong enough to help their pains, and to bear them down; and persons that are crooked having sometimes the bones of the passage not well shaped: the cholic also hinders labour, by preventing the true pains; and all great and acute pains, as when the woman is taken with a violent fever, a great flooding, frequent convulsions, bloody flux, or any other great distemper.

Also excrements retained cause much difficulty, and so does a stone in the bladder; or when the bladder is full of urine, without being able to void it; or when the woman is troubled with great and painful biles. It may also be from the passages, when the membranes are thick, the orifice too strait, and the neck of the womb is not sufficiently open; the passages are pressed and strained by tumours in the adjacent parts, or when the bones are too firm, and will not open, which very much endangers mother and child; or when the passages are not slippery, by reason of the waters having broke so soon, or the membranes being too thin. The womb may be also out of order with respect to its bad situation, or conformation, having its neck too strait, hard, and callous, which may easily be so naturally, or may come by accident, being many times caused by a tumour, a pockhume, ulcer, or superfluous flesh.

As to hard labour occasioned by the child, it is when the child happens to stick to a mole, or when it is so weak it cannot break the membranes, or if it be too big all over, or in the head only, or if the navel-vessels are twisted about its neck; when the belly is hydropical, or when it is monstrous, having two heads, or being joined to another child; also when the child is dead, or so weak that it can contribute nothing to its birth; likewise when it comes wrong, or when there are two more. And to all these various difficulties there is oftentimes one more, and that is the ignorance of the midwife; for want of understanding her business hinders nature in her work, instead of helping her.

Having thus looked into the causes of hard labour, I will now shew the industrious midwife how she may minister some relief to the labouring woman under these difficult circumstances. But it will require understanding and judgment in the midwife, when she finds a woman in difficult labour, to know the particular obstruction, or cause thereof, that so a suitable remedy may be applied: as for instance, when it happens by the mother's being too young and too strait, she must be gently treated, and the passages anointed with oil, hog's lard, or fresh butter, to relax and dilate them the easier, lest there should happen a rupture of any part when the child is born; for sometimes the peritonæum breaks with the skin from the privities to the fundament. But if a woman be in years with her first child, let her lower parts be anointed to mollify the inward orifice, which in such a case being more hard and callous, does not easily yield to the distention of labour, which is the true cause why such women are longer in labour, and also why their children, being forced against the inward orifice of the womb (which, as I have said, is a little callous) are born with great bumps and bruises on their heads. Those women that are very small and misshapen should not be put to bed, at least till their waters are broke, but rather kept upright, and assisted to walk about the chamber, by being supported under their arms; for by that means they will breathe more freely, and mend their pains better than on the bed, because there they lie all on a heap. As for

those that are very lean, and have hard labour from that cause, let them moisten the parts with oils and ointments, to make them more smooth and slippery, that the head of the infant and the womb be not so compassed and bruised by the hardness of the mother's bones which form the passage. If the cause be weakness, she ought to be strengthened, the better to support her pains; to which end give her good jelly-broths, and a little wine with a toast in it. If she fears her pains, let her be comforted, assuring her that she will not endure many more, but be delivered in a little time. But if her pains be slow and small, or none at all, they must be provoked by frequent and pretty strong clysters, that so they may be excited thereby; after which, let her walk about the chamber, that so the weight of the child may help them forward. But if she flood, or have convulsions, she must then be helped by a speedy delivery; the operation whereof I shall relate in the section of unnatural labours. If she be costive, let her use clysters, which may also help to dispel the colick, at those times very injurious, because attended with useless pains, and because such bear not downward, and so help not to forward the birth. If she finds an obstruction or stoppage in the urine, by reason the womb bears too much on the bladder, let her lift up her belly a little with her hand, and try if by that she receives any benefit; if she finds she does not, it will be necessary to introduce a catheter into her bladder, and thereby draw forth her urine. If the difficulty be from the ill posture of a woman, let her be placed otherwise, in a posture more suitable and convenient for her; also if it proceed from the indispositions of the womb, as from its oblique situation, &c. it must be remedied, as well as can be, by the placing of her body accordingly: or if it be a vicious conformation, having the neck too hard, too callous, and too strait, it must be anointed with oils and ointments, as before directed. If the membranes be so strong as that the waters don't break in due time, they may be broken with the fingers, if the midwife be first well assured that the child is come forward into the passage, and ready to follow presently after, or else by the breaking of the waters too soon, the child may be in danger of remaining dry

dry a long time; to supply which defect you may moisten the parts with fomentations, decoctions, and emollient oils; which yet is not half so well as when nature does the work in her own time, with the ordinary slime and waters, which do best when they come in their own proper time and place. But these membranes do sometimes press forth with the waters three or four fingers-breadth out of the body before the child, resembling a bladder full of water; but there is then no great danger to break them, if they be not already broken; for when the case is so, the child is always in readiness to follow, being in the passage: But let the midwife be very careful not to pull it with her hand, lest the after-burden be thereby loosened before its time, for it adheres thereto very strongly. If the navel-string happens to come first, it must presently be put up again, and kept too, if possible, or otherwise the woman must immediately be delivered. But if the after-burden should come first, it must not be put up again by no means; for the infant having no further occasion for it, it would be but an obstacle if it were put up; in this case it must be cut off, having tied the navel-string, and afterwards draw forth the child with all the speed that may be, lest it be suffocated.

SECT. V. Of Women labouring with a dead Child.

WHEN the difficulty of labour arises from a dead child, it is a case of great danger to the mother, and great care ought to be taken therein: but before any thing be done, the midwife ought to be well assured the child is dead indeed, which may be known by these signs.

1. The breast suddenly slacks, or falls flat, or bags down.
2. A great coldness possesses the belly of the mother, especially about the navel.
3. Her urine is thick, a filthy stinking settling at the bottom.
4. No motion of the child can be perceived: for the trial whereof, let the midwife put her hand in warm water, and lay it upon her belly; for that, if it be alive, will make it stir.

5. She is very subject to dream of dead men, and be affrighted therewith.

6. She has extravagant longings to eat such things as are against nature.

7. Her breath stinks, though not used so to do.

8. When she turns herself in her bed, or rises up, the child sways that way like a lump of lead.

But these things carefully observed, the midwife may make a judgment whether the child be alive or dead; especially if the woman takes the following prescription:

"Take half a pint of white wine, and burn it, and add thereto half an ounce of cinnamon, but no other spice whatever;" and when she has drank it, if her travailling pains come upon her, the child is certainly dead; but if not, the child may possibly be either weak or sick, but not dead; and, in this case, it will refresh the child, and give her ease; for cinnamon refresheth and strengtheneth the child in the womb.

Now, if, upon trial, it be found the child is dead, let the mother do all she can to forward her delivery, because a dead child can be no ways helpful therein. It will be necessary therefore that she take some comfortable things to prevent her fainting, by reason of those putrid vapours ascending from the dead child. And in order to her delivery, let her take the following herbs boiled in white wine, (or as many of them as you can get) viz. Dittany, betony, penny-royal, sage, featherfew, century, ivy leaves and berries. Let her also take sweet basil in powder, half a dram at a time, in white wine; and her privities be anointed with the juice of garden tansy. Or, if you take tansy in the summer, when it may be most plentifully had, and before it runs up to the flower, and having bruised it well, boil it in oil till the juice of it be consumed. If you set it in the sun, after you have mixed it with oil, it will be more effectual. This a careful midwife ought to have always by her. As to the manner of her delivery, the same methods must be used as are mentioned in the section of natural labour. And here I cannot but again commend the stone atites, held near the privities, whose magnetic virtue draws the child any way, with the same facility as the load stone draws iron.

Let

Let the midwife also make a strong decoction of hyssop with water, and give the woman to drink it very hot, and it will in a little time bring away the dead child. A decoction of the herb masterwort, used as the above, works the same effects. The roots of polipodium stamped well, warmed a little, and bound on the sides of her feet, will soon bring away the child either alive or dead.

If as soon as she is delivered of the dead child, you are in doubt part of the after-birth is left behind, for in such cases, being rotten, it may come away piece-meal, let her continue drinking the same decoction till her body is cleansed.

The following medicines stir also up the expulsive faculty; but in this case they must be made stronger, because the motion of the child ceaseth.

Take favin, round birthwort, troches of myrrh, asaram roots, cinnamon half an ounce, saffron a scruple, give a dram with favin water. Or, Take borax, favin, dittany, each an ounce; myrrh, asaram roots, cinnamon, saffron, each half a dram; make a powder, give a dram.

But she may purge first, and put her in an emollient birth, anointing her round about the womb with oil of lilies, sweet almonds, camomile, hen and goose grease. Also, foment to get out the child with a decoction of mercury, orris, wild cucumbers, sœchus, broom-flowers. Then anoint the privities and loins with ointment of sowbread. Or,

Take coloquintida, agaric, birthwort, each a dram; make a powder, add ammoniac dissolved in wine, oxgall, each two drams, with oil of keir make an ointment. Or, make a fume with asses hoofs burnt, or gallianum, or castor, and let it be taken in with a funnel.

To take away pains and strengthen the parts, foment with the decoction of mugwort, mallows, rosemary, wood myrtle, St John's wort, each half an ounce; spermaceti two drams, deer's suet an ounce, with wax make an ointment. Or, Take wax four ounces, spermaceti an ounce, melt them, dip flax therein, and lay it all over her belly.

If none of these things will do, the last remedy is to use surgery, and then the midwife ought, without delay, to send for an expert and able man midwife, to deliver her by manual operation; of which I shall treat more at large in the next chapter.

C H A P. VI.

IN shewing the duty of a midwife, when the woman's labour is unnatural, it will be requisite to shew, in the first place, what I mean by unnatural labour; for, it is natural to women to bring forth children in pain and sorrow. That which I call unnatural, is when the child comes to the birth in a contrary posture to that which nature ordained, and in which the generality of children come into the world. Now, as truth is but one, but error dilates itself into infinite variety; so there is but one proper right and natural posture in which children come to the birth; but there are as many wrong and unnatural ways, as there are different postures of children when they come to be born. The right and natural birth is when the child comes with its head first, and yet even this is too short a definition of a natural birth; for if any part of the head but the crown comes first, so that the body follow not in a straight line, it is a wrong and difficult birth. Now, there are four general ways a child may come wrong; 1st, When any of the fore-parts of the body first present themselves. 2^{dly}, When, by an unhappy transposition, any of the hinder parts first present themselves. 3^{dly}, When either of the sides. Or, 4^{thly}, When the feet present themselves first. To these four, all the particular and different wrong postures that a child can present itself in for the birth may be reduced; and therefore I shall confine myself to treat only of these four more general wrong ways.

SECT. I. *How to deliver a Woman of a dead Child by manual Operation.*

THE last section of the last chapter treated of the delivering of a woman of a dead child, and several things were directed to be applied in order to facilitate the delivery; but when all these fail, a manual operation is absolutely necessary: In order thereto, let the operator acquaint the woman with the absolute necessity there is of such an operation; and that as the child has already lost its life, there is no other way left for the saving of her's: Let him also tell her, for her encouragement, that he doubts

doubts not, with the divine blessing, to deliver her safely, and that the pains arising thereby will not be so great as she fears. And then let him endeavour to stir up the woman's pains, by giving her some sharp clyster, to excite her throes to bear down and bring forth the child; and if this prevail not, let him proceed with his manual operation.

First, Let her be placed cross the bed, that he may operate the easier; and let her lie on her back, with her hips a little higher than her head, or at least the body equally placed, when it is necessary to put back or turn the infant to give it a better posture: Being thus situated, she must fold her legs so as her heels be towards her buttocks, and her thighs spread, and held so by a couple of strong persons; there must be others also to support her under her arms, that the body may not slide down when the child is drawn forth, for which sometimes a great strength is required: let the sheets and blankets cover her thighs for decency's sake, and also to prevent her catching cold. Then let him anoint the entrance of the womb with oil or fresh butter, if necessary, that so he may with more ease introduce his hand, which must also be anointed; and having, by signs before-mentioned, received satisfaction that it is a dead child, he must do his endeavour to fetch it away as soon as possible; and if the child offers the head first, he must gently put it back, until he hath liberty to introduce his hand quite into the womb; then sliding it along under the belly to find the feet, let him draw it forth by them, being very careful to keep the head from being locked in the passage, that it be not separated from the body; which may be effected the more easily, because the child being very rotten and putrified, the operator is not so mindful to keep the breast and face downwards as he is in living births. But if, notwithstanding all these precautions, by reason of the child's putrification, the head should be separated, and left behind in the womb, it must be drawn forth, according to the directions which shall be given in sect. 3. of this chapter for that purpose. But when the head coming first, is so far advanced that it cannot well be put back, it is better to draw it forth so, than to torment the woman too much by putting it back to turn it, and bring it by the feet; but the head being

a part round and slippery, it may so happen that the operator cannot take hold of it with his fingers, by reason of its moisture, nor put them up to the side of it, because the passage is filled with its bigness, he must take a proper instrument, and put it up as far as he can without violence, between the womb and the child's head, observing to keep the point of it towards the head, and let him fasten it there, giving it a good hold upon one of the bones of the skull, that it may not slide; and, after it is well fixed, he may therewith draw it forth, keeping the ends of the fingers of his left hand flat upon the opposite side, the better to help to disengage it, and by shaking it a little to conduct it directly out of the passage, until the head be quite born, and then taking hold of it with the hands only, the shoulders may be drawn into the passage, and so sliding the fingers of both hands under the arm-pits, the child may be quite delivered; and then the after-burden fetched, being careful not to pluck the navel-string too hard, lest it break, as often happens, when it is corrupted.

If the dead child comes with the arm up to the shoulders so extremely swelled that the woman must suffer too great a violence to have it put back, 'tis then best to take it off at the shoulder-joints, by twisting three or four times about, which is very easily done, by reason of the softness and tenderness of the body: After the arm is so separated, and no longer possessing the passage, the operator will have more room to put up his hand into the womb, to fetch the child by the feet, and bring it away.

But although the operator be sure the child is dead in the womb, yet he must not therefore presently use instruments, because they are never to be used but when hands are not sufficient; and there is no other remedy to prevent the woman's danger, or to bring forth the child any other way; and the judicious operator will chuse that way which is the least hazardous and most safe.

SECT. II. *How a Woman must be delivered when the Child's Feet come first.*

THERE is nothing more obvious to those whose business it is to assist labouring women, than that the several unnatural postures in which children present themselves at their

their births, are the occasion of most of the bad labours and ill accidents that happen unto women in such a condition.

And since midwives are very often obliged, because of the unnatural situations, to draw the children forth by the feet, I conceive it to be most proper to shew first, how a child must be brought forth that presents itself in that posture, because it will be a guide to several of the rest.

I know indeed that in this case 'tis the advice of several authors to change the figure, and place the head so, that it may present the birth; and this counsel I should be very inclinable to follow, could they but also shew how it must be done: But it will appear very difficult, if not impossible to be performed, if we would avoid the dangers that by such violent agitations both the mother and the child must be put into, and therefore my opinion is, That it is better to draw it forth by the feet, when it presents itself in that posture, than to venture a worse accident by turning it.

As soon therefore as the waters are broke, and it is known that the child comes thus, and that the womb is open enough to admit the midwife's or operator's hand into it, or else by anointing the passages with oil or hog's grease, to endeavour to dilate it by degrees, using her fingers to this purpose, spreading them one from the other, after they are together entered, and continuing to do so till it be sufficiently dilated, then taking care that her nails are well pared, and no rings on her fingers, and her hands well anointed with oil or fresh butter, and the woman placed in the manner directed in the former section, let her gently introduce her hand into the entry of the womb, where finding the child's feet, let her draw it forth in the manner I shall presently direct; only let her first see whether it presents one foot, or both, and if but one foot, she ought to consider whether it be the right foot or the left, and also in what fashion it comes; for by that means she will soonest come to know where to find the other, which as soon as she knows and finds, let her gently draw it forth with the other; but of this she must be especially careful, viz. that this second be not the foot of another child; for if so, it may be of the

most fatal consequence, for she may sooner split both mother and child than draw them forth; but this may be easily prevented, if she does but slide her hand up the first leg and thigh to the twist, and there find both thighs joined together, and descending from one and the same body. And this is also the best means to find the other foot when it comes with but one.

As soon as the midwife hath found both the child's feet, she may draw them forth, and holding them together, may bring them by little and little in this manner, taking afterwards hold of the legs and thighs as soon as she can come at them, drawing them so till the hips be come forth. Whilst this is doing, let her observe to wrap the parts in a single cloth that so her hands being already greasy, slide not on the infant's body, which is very slippery, because of the viscous humours which are all over it, and prevent one's taking good hold of it, which being done, she may take hold under the hips, so to draw it forth to the beginning of the breast; and let her on both sides with her hand bring down the arms along the child's body, which she may then easily find; and then let her take care that the belly and face of the child be downwards, for if it should be upwards, there would be some danger of its being stopt by the chin over the share-bone: and therefore if it be not so, must turn it to that posture; which may be easily done if she take hold on the body when the breast and arms are forth in the manner we have said, and draws it with turning it in proportion on that side which it most inclines to, till it be turned with the face downwards, and so having brought it to the shoulders, let her lose no time, desiring the woman at the same time to bear down, that so at drawing the head, at that instant, may take its place, and not be stopt in the passage. Some children there are whose heads are so big, that when the whole body is born, yet that stops in the passage, though the midwife takes all possible care to prevent it. And when this happens, she must not endeavour only to draw forth the child by the shoulders, lest she sometimes separate the body from the head, as I have known it done by the midwife, but she must discharge it by little and little from the bones in the
passage

passage, with the fingers of each hand, sliding them on each side opposite the one to the other, sometimes above, and sometimes under, until the work be ended, endeavouring to dispatch it as soon as possible, lest the child be suffocated, as it will unavoidably be, if it should remain long in that posture; and this being well and carefully effected, she may soon after fetch away the after-birth, as I have before directed.

SECT. III. *How to bring away the Head of the Child when separated from the Body, and left behind in the Womb.*

THOUGH the utmost care be taken in bringing away the child by the feet, yet if the child happens to be dead, it is sometimes so putrified and corrupted, that with the least pull the body separates from the head, and remains alone in the womb, and cannot be brought away but with a manual operation and difficulty, it being extremely slippery, by reason of the place where it is, and from the roundness of its figure, on which no hold can be well taken: And so very great is the difficulty in this case, that sometimes two or three able practitioners in the art of midwifery, have one after the other left the operation unfinished, as not able to effect it, after the utmost efforts of their industry, skill, and strength; so that the woman, not being able to be delivered, perished. To prevent which fatal accidents, for the time to come, let the following operation be observed.

When the infant's head separates from its body, and is left behind, whether through putrification, or otherwise, let the operator immediately, whilst the womb is yet open, direct up his right hand to the mouth, for no other hold can there be had; and having found it, let him put one or two of his fingers into it, and his thumb under the chin, and then let him draw it by little and little, holding it so by the jaw; but if that fails, as sometimes it will, when putrified, then let him pull forth his right hand, and slide up his left, with which he must support the head, and with the right let him take a narrow instrument called a crochet; but let it be strong and with a single branch, which he must guide along the inside of his hand, with the point of it towards it, for fear of hurting the womb; and

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having

having thus introduced it, let him turn it towards the head, for to strike either into an eye hole, or the hole of an ear, or behind the head, or else between the stature, as he finds it most convenient and easy; and then draw forth the head so fastened with the said instrument, still helping to conduct it with his left hand; but when he hath brought it near the passage, being strongly fastened to the instrument, let him remember to draw forth his hand, that the passage not being filled with it may be the larger and easier, keeping still a finger or two on the side of the head, the better to disengage it.

There is also another way to this, with more ease and less hardship than the former; which is this, let the operator take a soft linen or fillet slip of about four fingers breadth, and the length of three quarters of an ell or thereabouts, taking the two ends with the left hand, and the middle with the right, and let him so put it up with his right as that it may be beyond the head, to embrace it as a sling doth a stone; and afterwards draw forth the fillet by the two ends together, it will be easily drawn forth, the fillet not hindering the least passage, because it takes up little or no place.

When the head is thus fetched out of the womb, care must be taken that not the least part of it be left behind, and likewise to cleanse the woman well of her after-burden, if yet remaining. Some have questioned whether the child's head yet remaining in the womb, or the after-birth ought to be brought away first? The answer to which question may be by way of distinction; that is to say, if the burden be wholly separated from the sides of the womb, that ought to be first brought away, because it may also hinder the taking hold of the head; but if it still adheres to the womb, it must not be meddled with till the head be brought away; for if one should then go about to separate it from the womb, it might then cause a flooding which would be augmented by the violence of the operation; the vessels to which it is joined remaining for the most part open as long as the womb is distended, which the head causeth while it is retained in it, and cannot close till this strange body be avoided, and then it doth by contraction and compressing itself together, as has been more
fully

fully before explained. Besides, the after-birth remaining thus cleaving to the womb during the operation, prevents it from receiving easily either bruise or hurt.

SECT. IV. *How to deliver a Woman when the side of the Child's Head is presented to the Birth.*

THOUGH some may think it a natural labour when the child's head may come first, but yet if the child's head presents not the right way, even that is an unnatural labour, and therefore though the head comes first, yet, if it be the side of the head instead of the crown, it is very dangerous both to the mother and child, for the child may sooner break its neck than be born in that manner; and by how much the mother's pains continue to bear the child, which it is impossible unless the head be rightly placed, the more the passages are stopt; therefore as soon as the position of the child is known, the woman must be laid with all speed, lest the child should advance further in this vicious posture, and therefore render it more difficult to thrust it back, which must be done in order to place the head in the passage right as it ought to be.

To this purpose therefore place the woman so that her hips may be a little higher than her head and shoulders, causing her to lean a little upon the opposite side to the child's ill posture; then let the operator slide up his hand, well anointed with oil, by the side of the child's head, to bring it right gently with his fingers between the head and the womb; but if the head be so engaged that it cannot be done that way, he must then put up his hand to the shoulders, that so by thrusting them back a little into the womb, sometimes on the one side and sometimes on the other, he may by little and little give it a natural position. I confess it would be better if the operator could put back the child by its shoulders with both his hands; but the head takes up so much room, that he will find much ado to put up one, with which he must perform his operation, with the help of the finger-ends of the other hand, put forwards the child's birth, as when the labour is natural.

Some children present their face first, having their heads turned back, in which posture it is extremely difficult that a child should be born; and if it continues so long, the face

will be swelled, and withal black and blue, that it will at first seem monstrous, which is occasioned as well by the compression of it in that place, as by the midwife's fingers handling it too readily, in order to place it in a better posture. But this blackness will wear away in three or four days time, anointing it often with oil of sweet almonds. To deliver the birth, the same operation must be used as in the former, when a child comes with the side of the head; only let the midwife or operator work very gently to avoid as much as possible the bruising of the face.

SECT. V. *How to deliver a Woman when a Child presents one or both Hands together with the Head.*

Sometimes the infant will present some other part together with its head, which if it does, it is usually one or both its hands; and this hinders the birth, because the hands take up part of that passage which is little enough for the head alone; besides, that when this happens, they generally cause the head to lean on one side; and therefore this position may be very well stiled unnatural. When the child presents thus, the first thing to be done, after it is perceived, must be to prevent it from coming down more, or engaging further in the passage, and therefore the operator, having placed the woman on the bed with her head a little lower than her hips, must put and guide back the infant's hand with his own as much as may be, or both of them, if they both come down, to give way to the child's head; and this being done, if the head be on one side, it must be brought into its natural posture in the middle of the passage, that it may come in a strait line, and then proceed as directed in the foregoing section.

SECT. VI. *How a Woman is to be delivered when the Hands or Feet of the Infant come together.*

THERE is none but will readily grant, that when the hands and feet of an infant present together, the labour must be unnatural, because it is impossible a child should be born in that manner. In this therefore, when the midwife guides her hand towards the orifice of the womb, she will perceive only many fingers close together; and if it be not sufficiently dilated, it will be a good while before

Before the hands and feet will be exactly distinguished; for they are sometimes so shut and pressed together, that they seem to be all of one and the same shape; but where the womb is open enough to introduce the hand into it, she will easily know which are the hands and which are the feet; and having well taken notice thereof, let her slide her hand, and presently direct it towards the infant's breast, which she will find very near, and then let her very gently thrust back the body towards the bottom of the womb, leaving the feet in the same place where she found them; and then having placed the woman in a convenient posture, that is, to lay her hips a little raised above her breast and head, (which situation ought always to be observed, when the child is to be put back into the womb) let the midwife afterwards take hold of the child by the feet, and draw it forth, as is directed in the second section.

This labour, though somewhat troublesome, yet is much better than when the child presents only its hands; for the child must be quite turned about before it can be drawn forth; but in this, they are ready, presenting themselves, and in this there is not much to do, but to lift and thrust back a little the upper part of the body, which is almost done of itself by drawing it alone by the feet.

I confess there are many authors that have written of labours, who would have all wrong births reduced to a natural figure; which is to turn it, that it may come with the head first; but those that have thus written are such as never understood the practical part; for if they had the least experience herein, would know that it is very often impossible, at least if it were to be done, that violence must necessarily be used in doing it, that would very probably be the death of mother and child in the operation. I would therefore lay down, as a general rule, that whensoever an infant presents itself wrong to the birth, in what posture soever from the shoulders to the feet, it is the best way, and soonest done, to draw it out by the feet: and that it is better searching for them if they do not present themselves, rather than try to put it in the natural posture, and place the head foremost; for the great endeavours necessary to be used in turning the infant in the womb do so much weaken both mother and child, that there remains

not afterwards strength enough to commit the operation to the work of nature; for usually the woman hath no more throes or pains fit for labour after she has been so wrought upon; for which reason it would be very difficult and tedious at best, and the child, by such an operation, made very weak, would be in extreme danger of perishing before it could be born. It is therefore much better in these cases to bring it away immediately by the feet, searching for them, as I have already directed, when they do not present themselves; by which the mother will be prevented of a tedious labour, and the child be often brought alive into the world, who otherwise would hardly escape death. And thus much shall suffice to be said of unnatural labours; for, by the rule already given, a skilful artist will know how to proceed in any posture in which the child shall present itself.

SECT. VII. *How a Woman shall be delivered that has twins, which present themselves in different Postures.*

WE have already spoken something of the birth of twins in the chapter of unnatural labour; for it is not an unnatural labour barely to have twins, provided they come in a right position to the birth. But when they shall present themselves in divers postures, they come properly under the denomination of unnatural labours; and if when one child presents itself in a wrong figure, it makes it much more so when there are several; and renders it not only more painful to the mother and children, but to the operator also, for they often trouble each other, and hinder both their births, besides which, the womb is then so filled with them, that the operator can hardly introduce his hand without much violence, which he must do, if they are to be turned or thrust back, to give them a better position.

When a woman is pregnant with two children, they rarely present to the birth together, the one being generally more forward than the other, and that is the reason that one is but felt; and that many times the midwife knows not that there are twins till the first is born, and that she is going to fetch away the after birth. In the fifth chapter, wherein I treated of natural labour, I shew-
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ed how a woman should be delivered of twins, presenting themselves both right; and therefore, before I close this chapter of unnatural labour, it only remains that I shew what ought to be done, when they either both come wrong, or one of them only. The first generally coming right, and the second with the feet forward, or in some worse posture. In such a case, the birth of the first must be hastened at much as possible, to make way for the second, which is best brought away by the feet, without endeavouring to place it right, even though it was somewhat inclining towards it, because it has been already tired and weakened by the birth of the first, as well as its mother,

But if, when the first is born naturally, the second should likewise offer its head to the birth, it would be then best to leave nature to finish what she has so well begun; and, if nature be too slow in her work, some of those things mentioned in the fourth chapter to accelerate the birth, may be properly enough applied; and if, after that, the second birth should be yet delayed, let a manual operation be deferred no longer: but the woman being properly placed, as before directed, let the operator direct his hand gently into the womb to find the feet, and so draw forth the second child, which will be the more easily effected, because way is made by the birth of the first; and if the waters of this second child be not broke, as it often happens, yet intending to bring it by the feet, he need not scruple to break the membranes with his fingers; for though when the birth of the child is left to the operation of nature, it is necessary that the waters should break of themselves; yet, when the child is brought out of the womb by art, there is no danger in breaking them, nay, it becomes necessary; for, without the waters are broke, it would be almost impossible to turn the child.

But herein principally lies the care of the operator, that he is not deceived when either the hands or feet of both children offer themselves together to the birth; in this case he ought to consider whether they be not joined together, or any way monstrous; and which part belongs to one child, and which to the other, that so they may be fetched one after the other, and not both together, as might be, if taking the right foot of the one, and the left foot of the other,

other, and so drawing them together. as if they both belonged to one body, because there is a left and a right, by which means it would be impossible ever to deliver them: But a skilful operator will easily prevent this, if having found two or three feet of several children, presenting together in a passage, and taking aside two of the forwardest, a right and a left, and sliding his hand along the legs and thighs up to the twist, if forwards, or the buttocks, if backwards, he find they both belong to one body; of which being thus assured, he may begin to draw forth the nearest, without regarding which is strongest or weakest, bigger or less, living or dead, having put first a little aside that part of the other child which offers to have the more way, and so dispatch the first, whenever it is, as soon as may be, observing the same rules, as if there were but one, that is, keeping the breast and face downwards, with every circumstance directed in that section where the child comes with its feet first: and not fetch the burthen till the second child is born. And therefore when the operator hath drawn forth one child he must separate it from the burden, having tied and cut the navel-string, and then fetch the other by the feet in the same manner, and afterwards bring away the after-burden with the two strings, as hath been before shewed. If the children present any other part than the feet, the operator may follow the same method as is directed in the foregoing section, where the several unnatural positions are fully treated of.

C H A P. VIII.

Directions for Child-bearing Women in their lying-in.

IN the fourth, fifth, and sixth chapters, we have treated at large of women's labour, and how they may be safely delivered both in natural and unnatural labours; having therefore thus brought a good woman to-bed, I will in this chapter direct how she ought to be ordered in her lying in.

SECT. I. *How a Woman newly delivered, ought to be ordered.*

AS soon as she is laid in bed, let her be placed in it conveniently for ease and rest, which she stands in great need of, to recover herself of the great fatigue she underwent during her travail; and, that she may lie the more easily, let her head and body be a little raised, that she may breathe more freely, and cleanse the better, especially of that blood which then comes away, that so it may not clod, which being retained causeth very great pain.

Having thus placed her in bed, let her drink a draught of burnt white-wine, when you have first melted therein a dram of spermaceti. The herb vervain is also a most singular herb for a woman in this condition, boiling it in what she either eats or drinks, fortifying the womb so exceedingly, that it will do it more good in two days, having no offensive taste, tho' very pleasant virtues. And this is no more than what she stands in need of, for her lower parts being greatly distended to the birth of the infant, it is good to endeavour the prevention of an inflammation there. Let therefore be also outwardly applied all over the bottom of the belly and privities the following anodyne or cataplasm: Take two ounces of oil of sweet almonds, and two or three new-laid eggs, yolks and whites, stirring them together in an earthen pipkin over hot embers, till it comes to the consistence of a poultice; which being spread upon a cloth, must be applied to those parts indifferently warm, having first taken away the closures, (which were put to her presently after her delivery), and likewise such clods of blood as were then left. Let this lie on five or six hours, and then renew it again, as you see cause.

Great care ought to be taken at first, that if her body be very weak, she be not kept too hot, for extremity of heat weakens nature and dissolves the strength; and whether she be weak or strong, be sure that no cold air comes near her at first; for cold is an enemy to the spermatic parts, and if it gets into the womb, it increases the after-pains, causes swellings in the womb, and hurts the nerves. As to her diet, let it be hot, and let her eat but a little at

a time. Let her avoid the light for the three first days, and longer if she be weak, for her labour weakens her eyes exceedingly, by a harmony between the womb and them. Let her also avoid great noises, sadness, and trouble of mind.

If the womb be foul, which may be easily perceived by the impurity of the blood, (which will then either come away in clots or stinking, or if you suspect any of the after-burden to be left behind, which may sometimes happen), make her drink of featherfew, mugwort, pennyroyal, and mother of thyme, boiled in white-wine, sweetened with sugar.

Panady and new-laid eggs is the best meat for her at first, of which she may eat often, but not too much at a time. And let her use cinnamon in all her meat and drink, for it is a great strengthener to the womb.

Let her stir as little as may be, till after the fifth, sixth, or seventh days of her delivery, if she be weak. And let her talk as little as may be, for that weakens her.

If she goes not well to stool, give a clyster made only with the decoction of mallows and a little brown sugar.

When she hath lain in a week or more, let her use such things as close the womb, of which knot-grass and comfrey are very good; and to them you may add a little polypodium, for it will do her good, both leaves and roots being bruised.

SECT. II. How to remedy those Accidents which a lying-in Woman is subject to.

I. **T**HE first common and usual accident that troubles women in their lying-in, is after-pains; the cause whereof some affirm to be one thing, some another; but it is most certain that they proceed from cold and wind contained in the bowels, with which they are easily filled after labour, because then they have more room to dilate, than when the child was in the womb, by which they were compressed, and also because the nourishment and matter contained in them and the stomach, has been confusedly agitated from side to side during the pains of labour, and could not be well digested, whence this wind is afterwards generated, and, by consequence, the gripes which

which the woman feels running into her belly from side to side, according as the wind moves, and sometimes from the womb, because of the compression and commotion which the bowels make. These being generally the cause, let us now apply a suitable remedy.

1. Boil an egg soft, and pour out the yolk of it, with which mix a spoonful of cinnamon water, and let her drink it; and if you mix in it two grains of ambergrease it will be the better; and yet vervain taken in any thing she drinks, will be as effectual as the other.

2. Give the lying-in woman, immediately after delivery, oil of sweet almonds and syrup of maiden-hair mixed together: Some prefer oil of walnuts, provided it be made of nuts that are very good, but it tastes worse than the other. This will lenify the inside of the intestines by its unctuousness, and by that means bring away that which is contained in them more easily.

3. Take and boil onions very well in water, then stamp them with oil and cinnamon and seed in powder, spread them upon a cloth, and apply them to the region of the womb.

4. Let her be careful to keep her belly very hot, and not to drink what is too cold; and if they prove very violent, hot cloths, from time to time, must be laid to her belly, or a pancake fried in walnut oil may be applied to it without swathing her belly so strait; and, for the better evacuating the wind out of the intestines, give her a clyster, repeating it as often as necessity requires.

5. Take bay berries, beat them to powder, put the powder upon a chaffing-dish of coals, and let her receive the smoke of them up her privities.

6. Take tar and barrows grease, of each an equal quantity, boil them together, and, whilst it is boiling, add a little pigeon's dung to it. Spread some of this upon a linen cloth, and apply it to the reins of her back, and it will give her speedy ease.

Lastly, Let her take half a dram of bay-berries beaten into a powder in a draught of mustard or rent.

II. Another accident to which women in child-bed are subject, is, the hemorrroids, or piles, occasioned through their great straining in bringing the child into the world. To cure this,

1. Let

1. Let her be let blood in the vein saphæna.
2. Let her use polypodium in her meat and drink, bruised and boiled.
3. Take an onion, and, having made a hole in the middle of it, fill it full of oil, roast it, and having bruised it all together, apply it to the fundament.
4. Take a dozen of snails without shells if you can get them, or else so many shell snails, and pull them out, and, having bruised them with a little oil, apply them warm to the fundament.
5. Take as many wood-lice as you can get, and bruise them, and, having mixed them with a little oil, apply them warm as before.
6. If she go well to stool, let her take an ounce of cassia fistula drawn at night going to bed; she need no change of diet after.

III. Retention of the menses is another accident happening to women in child-bed; and, which is of so dangerous consequence that, if not timely remedied, it proves mortal. Where this happens,

1. Let the woman take such medicines as strongly provoke the terms, such as dittany, betony, penny-royal, saffron, feverfew, centory, juniper-berries, piony roots.
2. Let her take two or three spoonfuls of briony water each morning.
3. Gentian-roots beaten into a powder, and a dram of it taken every morning in wine, is an extraordinary remedy.
4. The roots of birthwort, either long or round, so used and taken as the former, is very good.
5. Take twelve piony-seeds, and beat them into very fine powder, and let her drink them in a draught of hot carduus posset, and let her sweat after. And if this last medicine don't bring them down the first time she takes it, let her take as much more three hours after, and it seldom fails.

IV. Overflowing of the menses is another accident incidental to child-bed women.

1. Take shepherd's purse, either boiled in any convenient liquor, or dried and beaten into powder, and it will be an admirable remedy to stop them, this being especially appropriated to the privities.

2. The flowers and leaves of brambles, or either of them, being dried and beaten into powder, and a dram of them taken every morning in a spoonful of red-wine, or in the decoction of the leaves of the same, (which perhaps is much better) is an admirable remedy for the immoderate flowing of the terms in women.

V. Excoriations, bruises, and rents of the lower part of the womb, are often occasioned by the violent distention and separation of the four caruncles in a woman's labour. For the healing whereof.

As soon as the woman is laid, if there be only simple contusions and excoriations, let the anodyne cataplasm, formerly directed, be applied to the lower parts to ease the pain, made of the yolks and whites of new-laid eggs, and oil of roses boiled a little over warm embers, continually stirring it till it be equally mixed, and then spread upon a fine cloth, it must be applied very warm to the bearing place for five or six hours, and when it is taken away, lay some fine rags, dipped in oil of St John's-wort, on each side of the bearing-place, or let the part excoriated be anointed with oil of St John's-wort twice or thrice a-day; also foment the parts with barley-water and honey of roses to cleanse them from the excrements which pass. When the woman makes water, let them be defended with fine rags, and thereby hinder the urine from causing smart and pain.

VI. The curdling and clotting of the milk is another accident that often happens to women in child-bed; for in the beginning of child-bed the woman's milk is not purified, because of that great commotion her body suffered during her labour, which affected all the parts, and it is then mixed with many other humours. Now, this clotting of the milk does, for the most part, proceed from the breasts not being fully drawn, and that either because she hath too much milk, and that the infant is too small and weak to suck all, or because she doth not desire to be a nurse. for the milk in those cases remaining in the breast after concoction without being drawn, loseth the sweetness and the balsamick quality it had, and, by reason of the heat it acquires, and the too long stay it makes there, it sours, curdles, and clots. as we see cannot put into or-
dinary

dinary milk turns it into curds. This curdling of the milk may be also caused by having taken a great cold, and not keeping the breasts well covered.

But from what causes soever this curdling of the milk proceeds, the most certain remedy is, speedily to draw the breasts until they are emitted and dried. But in regard the infant, by reason of its weakness cannot draw strong enough, it will be proper to get another woman to draw her breasts until the milk come freely, and then she may give her child suck. And that she may not afterwards be troubled with a surplussage of milk, she must eat such diet as gives but little nourishment, and keep her body open.

But if the case be such that the woman neither can nor will be a nurse, it is then necessary to empty the body by bleeding in the arm; besides drawing down the humours by strong clysters and bleeding in the foot, nor will it be amiss to purge gently; and to digest, dissolve, and dissipate the curdled milk, apply the cataplasm of pure honey, or use the following liniment.

A Liniment to scatter and dissipate the Milk.

That the milk flowing back to the breasts may without offence be dissipated, use this ointment; 'Take pure wax two ounces, linseed oil half a pound; when the wax is melted, let the liniment be made, wherein linen cloths must be dipped, and laid upon the breast; and when it shall be discussed, and pains no more, let other linen cloths be dipped in the distilled water of acorns, and put upon them.'

Note, That the cloths dipped in the distilled water of acorns, must be used only by those who cannot nurse their own children; but if a swelling in the breasts of those who give suck, arises from abundance of milk, and threatens an inflammation, use the former ointment, but abstain from using the distilled water of acorns.

C H A P. VIII.

Directions for Nurses in ordering new-born Children.

HAVING in the former chapter shewn how the lying-in woman should be ordered, it is now high time to take

take care of the infant, to whom the first service that should be performed for it is the cutting of the navel-string, of which I have spoken at large before.

SECT. I. *What is to be done to the new-born Infant after cutting the Navel-string.*

WHEN the child's navel-string hath been cut, according to the rules before prescribed, let the midwife presently cleanse it from the excrements and filth it brings into the world with it; of which some are within the body, as the urine in the bladder, and the excrement found in the guts; and others without, which are thick, whitish, and clammy, proceeding from the sliminess of the waters: There are children sometimes so covered over with this, that one would say they were rubbed over with soft cheese, and some women are of so easy a belief, that they really think it so, because they had eaten some while they were with child. From these excrements let the child be cleansed with wine and water a little warmed, washing every part therewith, but chiefly the head, because of the hair, also the folds of the groins, arm-pits, and the cuds or privities; which parts must be gently cleansed with a linen rag, or a soft sponge dipped in this lukewarm wine. If this clammy or viscous excrement stick so close that it will not be easily washed off from those places, it may be fetched off with oil of sweet almonds, or a little fresh butter melted with wine, and afterwards well dried off: She must also make tents of fine rags, and, wetting them in this liquor, clear the ears and nostrils; but for the eyes, wipe them only with a dry soft rag, not dipping it in the wine, lest it should make them smart.

The child being thus washed and cleansed from its native blood and impurities which attended it into the world, it must, in the next place be searched to see whether all things be right about it, and that there is no fault or dislocation; whether its nose be straight, or its tongue tied, whether there be any bruise or tumour on the head, or whether the mold be not overshotten; also whether the scrotum, if a boy, be not blown up and swelled; and, in short, whether it has suffered any violence in any part of its body, and whether all the parts be well and duly shaped, that

suitable remedies may be applied, if any thing be found not right. Nor is it enough that all be right without, and the outside of the body cleansed, but she must chiefly observe whether it dischargeth the excrements retained within, and whether the passages be open, for some have been born without having them perforated; therefore let her examine whether the conduits of the urine and stool be clear, for want of which some have died, not being able to void their excrements, because timely care was not taken at first. As to the urine, all children, males and females, do make water as soon as they are born, if they can, especially when they feel the heat of the fire, and sometimes also the excrements, but not so soon as the urine. If the infant does not ordure the first day, then put up into its fundament a small suppository, to stir it up to be discharged, that it may not cause painful gripes by remaining so long in its belly. A sugar almond may be proper for this purpose, anointed over with a little boiled honey, or else a small piece of castile soap rubbed over with fresh butter; she may also give the child, to this purpose, a little syrup of roses or violets at the mouth, mixed with some oil of sweet almonds drawn without a fire, anointing the belly also with the same oil or a little fresh butter.

The midwife having thus washed and cleansed the child, according to the before-mentioned directions, let her begin to swaddle it in swathing clothes, and when she dresses the head, let her put small rags behind the ears to dry up the filth which usually engenders there, and also in the folds of the arm-pits and groins, and so swathe it, having wrapped it up warm in bed and blankets; only take care that they swathe not the child too strait, especially about the breast and stomach, that it may breathe the more freely, and not be forced to vomit up the milk it sucks, because the stomach cannot be sufficiently extended to contain it; therefore let its arms and legs be wrapped in its bed, stretched and straight, and swathed to keep them so, viz. the arms along its sides, and its legs equally both together, with a little of the bed between them, that they may not be galled by rubbing each other; let the head be kept steady and straight, with a stay fastened on each side the blanket, and then wrap the child up in mantles and blankets

kets to keep it warm. This swathing of the infant is very necessary, to give its body a straight figure, which is most decent and proper for a man, and to accustom him to keep upon his feet, and not walk upon all-four, as most other animals do.

C H A P. IX.

NEW-BORN children are subject to so many distempers, that daily experience shews us, there are not above half the children that are born which live till they are three years old; which is occasioned, by the tenderness of their bodies, and feebleness of their age, which hinders them from expressing the incommodities they labour under, any otherwise than by their cries. The business of this chapter therefore shall be to discover the indispositions to which they are subject, with the remedies proper for them.

SECT. I. *Of Gripes and Pains in the Bellies of young Children.*

THIS I mention first, as it is often the first and most common distemper which happens to little infants after their birth, many children being so troubled and pained therewith, that they cry night and day, and at last die of it. This comes, for the most part, from the sudden change of their nourishment, for having always received it from the umbilical vessels whilst in their mother's womb, they come to change, on a sudden, not only the manner of receiving it, but the nature and quality of what they receive, as soon as they are born; for, instead of putrified blood only; conveyed to them by means of the umbilical vein, they are now obliged to be nourished with their mother's breast milk, which they suck with their mouths, and from which are ingendered many excrements, causing gripes and pains, and that not only because it is not so pure as the blood with which it was nourished in the womb, but because the stomach and intestines cannot yet make a good digestion. It is also caused sometimes by a tough phlegm, and sometimes by the worms; for physicians affirm, that worms have been bred in children even in their mother's belly.

The remedy therefore must be suited to the cause; if it

Proceed from the too sudden changes of nourishment, the remedy must be to forbear giving the child suck for some days, lest the milk be mixed with phlegm; and at first it must suck but little, until it be accustomed to digest it. If it be the excrements in the intestines, which by their long stay increase these pains, give them at the mouth a little oil of sweet almonds, and syrup of roses. If it be worms, lay a cloth dipped in oil of wormwood, mixed with ox-gall, upon the belly; for a small cataplasm, the powder of rue, wormwood, coloquintida, aloes, the seeds of citron, incorporated with ox-gall and the powder of lupines. Or, give it oil of sweet almonds, with sugar candy, and a scruple of anniseed; it purges new-born babes from green choler and stinking phlegm; and, if it be given with sugar-pap, it allays the gripping pains of the belly. Also, anoint the belly with oil of dill, or pellitory stamped with oil of camomile, to the belly.

SECT. II. *Of Weakness in new-born Infants.*

WEAKNESS is an accident that many children bring into the world along with them, and is often occasioned by the labour of the mother; by the violence and length whereof they suffer so much, that they are born with great weakness, and many times it is difficult to know whether they are alive or dead, their body appearing so senseless, and their face so blue and livid, that they seem to be quite choaked; and even after some hours, their shewing any signs of life is attended with so much weakness, that it looks like a return from death, and that they are still upon the borders of that kingdom.

In this case, the best way to help the infant is, to lay him speedily in a warm bed and blankets, and carry him to the fire, and then let the midwife sup a little wine, and spout it into his mouth, repeating it often, if there be occasion. Let her apply linen to the breast and belly dipped in wine, and let the face be uncovered, that he may breathe the more freely; also let the midwife keep its mouth a little open, cleanse the nostrils with small linen tents dipped in white wine, that so he may receive the smell of it, and let her chafe every part of his body well with warm cloths, to bring back the blood and spirits, which being retired inward

wards through weakness, often puts him in danger of being choaked. By the application of these means the infant will insensibly recover strength, and begin to stir his limbs by degrees, and at length to cry, which though it be but weakly at first, yet afterwards as he breathes more freely, he will cry stronger and stronger.

SECT. III. *Of the Fundament being closed up in a new-born Infant.*

ANother effect that new-born infants are liable to is, to have their fundaments closed up, by means whereof they can neither evacuate the new excrements engendered by the milk they suck, nor that which was amassed in their intestines whilst in their mother's belly, which is certainly mortal without a speedy remedy. There have been some female children who have had their fundament quite closed, and yet have avoided the excrements of the guts by an orifice, which nature, to supply that defect, had made within the neck of the womb.

For the cure or remedy of this, we must notice that the fundament is closed two ways; either by a single skin, through which one may discover some black and blue marks, proceeding from the excrements retained, which if one touch with the finger, there is a softness left within, and thereabouts it ought to be pierced; or else it is quite stopped by a thick fleshy substance, in such sort that there appears nothing without by which its true situation may be known. When there is nothing but the single skin which makes the closure, the operation is very easy, and the child may do very well; for then an apertion or opening may be made with a small incision knife cross-ways, that it may the better receive a round form, and that the place afterwards may not grow together, taking great care not to prejudice the sphincter or muscle of the Rectum. The incision being thus made, the excrements will certainly have issue. But if by reason of their long stay in the belly they are become so dry that the infant cannot void them, then let a small clyster be given to moisten and bring them away; afterwards put a linen tent into the new-made fundament, which at first had best be anointed with honey of roses, and towards the end with a drying cicatrizing

cicatrizing ointment, such as Unguentum Album, or Pomphiliæ, observing to cleanse the infant of his excrements, and dry it again as soon and as often as he evacuates them, that so the apertion may be prevented from turning into a malignant ulcer.

But now, if the fundament be stopped up in such a manner that neither mark nor appearance can be either seen or felt, then the operation is much more difficult; and even when it is done, the danger is much more of the infant's escaping it. And then if it be a female, and that it sends forth its excrements by the way I have mentioned before, it is better not to meddle, than by endeavouring to remedy an inconvenience, run an extreme hazard of the infant's death. But when there is no vent for the excrements, without which death is unavoidable, there the operation is justifiable.

The operation in this case must be thus; let the operator, with a small incision knife that hath but one edge; enter into the void place, and turning the back of it upwards within half a finger's breadth of the child's rump, which is the place where he will certainly find the intestine, let him thrust it forward, that it may be open enough to give free vent to the matters there contained, being especially careful of the spinæ; after which, let the wound be dressed according to the method directed.

SECT. IV. *Of the Thrush, or Ulcers in the Mouth of an Infant.*

THE thrush is a distemper that children are very often subject to, and it arises from bad milk, or from foul humours in the stomach; for some times, though there be no ill quality in the milk itself, yet it may corrupt in the child's stomach because of its weakness, or some other indisposition in which, acquiring an acrimony instead of being well digested, there arises from thence biting vapours, which forming a thick viscosity do thereby produce this distemper.

It is often difficult, as physicians tell us, because it is seated in hot and moist places, where the putrifaction is easily augmented, and for that the remedies applied cannot lodge there, being soon washed away with spittle. But if they,

they arise from too hot a quality in the nurse's milk, care must be taken to temper and cool, prescribing her cool diet, bleeding and purging her also, if there be occasion.

Take lentiles husked, powder them, and lay it upon the child's gums; or take melidium in flower, half an ounce, and with oil of roses make a liniment. Also wash the child's mouth with barley and plantain-water, and honey of roses, or syrup of dry roses, mixing them with a little verjuice, or juice of lemons, as well to loosen and cleanse the viscous humours which cleave to the inside of the child's mouth, as to cool those parts which are already over heated. This may be done by means of a small fine rag fastened to the end of a little stick, and dipped therein, wherewith the ulcers may be gently rubbed, being careful not to put the child to too much pain, lest an inflammation make the distemper worse. The child's body must also be kept open, that the humours being carried to the lower parts, the vapours may not ascend, as it is usual for them to do, when the body is costive, and the excrements too long retained. If the ulcers appear malignant, let such remedies be used as do their work speedily, that the evil qualities that cause them being thereby instantly corrected, their malignity may be prevented; and in this case touch the ulcers with plantain-water sharpened with the spirits of vitriol, for the remedy must be made sharp, according to the malignity of the distemper. It will not be unnecessary to purge these ill humours out of the whole habit of the child, by giving half an ounce of succory with rhubarb.

SECT. V. *Of Pain in the Ears, Inflammation, Moisture, &c.*

THE brain in infants is very moist, and hath many excrements which nature cannot send out at its proper passages; they get often to the ears, and there cause pains, flux of blood, with inflammation, and matter with pain: and in children is hard to be known, having no other way to make it known but by constant crying; you will also perceive them ready to feel their ears themselves, but will not let others touch them if they could help it: and sometimes you may discern the parts about the ears to be very red. These pains, if let alone, are of dangerous consequences,

ces, because they bring forth watching and epilepsy, for the moisture breeds worms there, and fouls the spongy bones, and by degrees incurable deafness.

To prevent all those ill consequences, allay the pain with all convenient speed, but have a care of using strong remedies. Therefore only use warm milk about the ears, with the decoction of poppy tops, or oil of violets: to take away the moisture, the honey of roses, and let aqua-mellis be dropped into the ears; or take virgin honey, half an ounce, red wine two ounces, allum, saffron, salt-petre, each a dram; mix them at the fire; or drop in hemp-seed oil with a little wine.

SECT. VI. *Of Redness and Inflammation of the Buttocks, Groin, and Thighs of an Infant.*

IF there be not great care taken to change and wash the child's beds as soon as they are fouled with the excrements, and to keep the child very clean, their acrimony will be sure to cause redness, and beget a smarting in the buttocks, groin, and thighs of the child, which by reason of the pain, will afterwards be subject to inflammations, which follow the sooner, through the delicacy and tenderness of their skin, from which the outward skin of the body is in a short time separated and worn away.

The remedy of this is twofold; that is to say, first, to keep the child cleanly, and in the second place, to take off the sharpness of its urine. As to keeping it cleanly, she must be a sorry nurse that needs to be taught how to do it, for if she lets it but have dry, clean, and warm beds and clouts, as often and as soon as it has fouled and wet them, either by its urine or excrements, it will be sufficient; and as to the second, the taking off the sharpness of the child's urine, that must be done by the nurse's keeping a cooling diet, that her milk may have the same quality; and therefore she ought to abstain from all things that may heat it. But, besides these, cooling and drying remedies are requisite to be applied to those inflamed parts; therefore let the parts be bathed with plantain-water, with a fourth of lime water added to it, each time the child's excrements are wiped off; and if the pain be very great, let it only be fomented with luke-warm milk, The powder of a post to dry.

dry it, or a little mill dust strewed upon the parts affected; may be proper enough; and it is used by several women. Also Unguentum Album, or Diapampholigos, spread upon a small piece of leather, in form of a plaister, will not be amiss.

But the chief thing must be the nurse's taking great care to wrap the inflamed parts with fine rags when she opens the child, that those parts may not be gathered and pained by rubbing them together.

SECT. VII. *Of Vomiting in young Children.*

VOMITING in children proceeds sometimes from too much milk, and sometimes from bad milk, and is often from a moist loose stomach; for as dryness retains, so looseness lets go. This is, for the most part, without danger in children; and they that vomit from their birth are the lustiest; for the stomach, not being used to meat and milk being taken too much, crudities are easily bred, or the milk is corrupted; and it is better to vomit these up than to keep them in; but if vomiting last long, it will cause an atrophy or consumption for want of nourishment.

To remedy this, if it be from too much milk, that which is omitted is yellow and green, or otherwise ill-coloured and stinking; in this case mend the milk, as has been shewed before; cleanse the child with honey of roses, and strengthen its stomach with syrup of milk and quinces made into an electuary. If the humour be hot and sharp, give the syrup of pomegranates, currants and coral; and apply to the belly the plaister of bread, the stomach ceret, or bread dipped in hot wine; or take oil of mastich, quinces, mint, wormwood, each half an ounce; of nutmegs by expression, half a dram, chymical oil of mint, three drops. Coral hath an occult property to prevent vomiting, and is therefore hung about their necks.

SECT. VIII. *Of breeding Teeth in young Children.*

THIS is a very great, and yet necessary evil in all children, having variety of symptoms joined with it; they begin to come forth, not all at a time, but one after another, about the sixth and seventh month; the fore

fore-teeth coming first, then the eye-teeth, and last of all the grinders: the eye-teeth cause more pain to the child than any of the rest, because they have a very deep root, and a small nerve, which hath communication to that which makes the eye move. In the breeding of their teeth, first they feel an itching in their gums, then they are pierced as with a needle, and pricked by the sharp bones, whence proceed great pains, watching, and inflammation of the gums, fever, looseness, and convulsions, especially when they breed their eye-teeth.

The signs when children breed their teeth are these; 1. It is known by their time, which is usually about the seventh month. 2. Their gums are swelled, and they feel a great heat there, with an itching, which makes them put their fingers in their mouth to rub them, from whence a moisture distils down into the mouth, because of the pain they feel there. 3. They hold the nipple faster than before. 4. The gum is white where the tooth begins to come; and the nurse in giving them suck finds the mouth hotter, and that they are much changed, crying every moment, and cannot sleep, or but very little at a time. The fever that follows breeding of teeth comes from cholerick humours inflamed by watching, pain, and heat. And the longer teeth are breeding, the more dangerous it is, so that many in the breeding of them die of fevers and convulsions.

For remedy, two things are to be regarded; one is, to preserve the child from the evil accidents that may happen to it by reason of the great pain; the other, to assist as much as may be the cutting of the teeth, when they can hardly cut the gums themselves.

For the first of these, *i. e.* the preventing these accidents to the child, the nurse ought to take great care to keep a good diet, and to use all things that may cool and temper her milk, that so a fever may not follow the pain of the teeth. And to prevent the humour from falling too much upon the inflamed gums, let the child's belly be kept always loose by gentle clysters, if he be bound; though oftentimes there is no need of them, because they are at those times usually troubled with a looseness, and yet for all that clysters may not be improper neither.

As to the other, which is to assist in cutting off the teeth, that the nurse must do from time to time, mollifying and loosening them, by rubbing them with her finger dipped in butter or honey, or let the child have a virgin wax candle to chew upon; or anoint the gums with the mucilage of quince made with mallow water, or with the brains of a hare; also foment the cheeks with the decoction of *Althæa*, and camomile flower and dill, or with the juice of mallows and fresh butter. If the gums are inflamed, add juice of night-shade and lettuce. I have already said, the nurse ought to keep a temperate diet. I will now add, that barley-broth, water-gruel, raw eggs, prunes, lettuce, and endive, are good for her; but let her avoid salt, sharp, biting, and peppered meats, and wine.

SECT. IX. *Of the Flux of the Belly, or Looseness in Infants.*

IT is very common for infants to have the flux of the belly, or looseness, especially upon the least indisposition; nor is it to be wondered at, seeing their natural moistness contributes so much thereto; and if it be extraordinary violent, such are in a better state of health than those that are bound. This flux, if violent, proceeds from divers causes; as, 1. From breeding of teeth, and is then commonly attended with a fever, in which the concoction is hindered, and the nourishment corrupted. 2. From watching. 3. From pain. 4. From stirring of the humours by a fever. 5. When they suck or drink too much in a fever. Sometimes they have a flux without breeding of teeth, from outward cold in the guts or stomach, that obstructs concoction. If it be from teeth it is easily known, for the signs in breeding of teeth will discover it. If it be from external cold, there are signs of other causes. If from a humour flowing from the head, there are signs of a catarrh, and the excrements are frothy. If crude and raw humours are voided, there is wind, belching, and phlegmatic excrements. If they be yellow, green, and stink, the flux is from a hot and sharp humour. It is best in breeding of teeth when the belly is loose, as I have said before; but if it be too violent, and you are afraid it may end in a consumption, it

must be stopped; and if the excrements that are voided be black, attended with a fever, it is very bad.

The remedy in this case has a principal respect to the nurse, and the condition of the milk must chiefly be observed; the nurse must be cautioned that she eat no green fruit, nor things of a hard concoction. If the child suck not, remove the flux with purges, such as leave a blood-ing quality behind them: As syrup of honey, of roses, or a clyster. Take the decoction of millium, myrobolans, each two or three ounces, with an ounce or two of syrup of roses, and make a clyster. After cleansing, if it proceed from a hot cause, give syrup of dried roses, quinces, myrtles, coral, mastich, hart's-horn, red roses, or powder of myrtles, with a little Sanguis Draconis. Also anoint with oil of roses, myrtles, mastich, each two drams, with oil of myrtles and wax, make an ointment. Or, take red roses, moulin, each a handful, cypress roots, two drams; make a bag, boil it in red wine, and apply it to the belly. Or, use the plaister of bread or stomach ointment. If the cause be cold, and excrements white, give syrup of mastich, and quinces, with mint-water. Use outwardly mint, mastich, cummin; or, take rose-seeds an ounce, cummin and anniseed, each two drams; with oil of mastich, worm-wood, and wax, make an ointment.

SECT. X. *Of the Epilepsy and Convulsions in Children.*

THIS is a distemper that is the death of many young children; and proceeds from the brain first, as when the humours are bred in the brain that cause it, either from the parents, or from vapours, or bad humours that twitch the membranes of the brain; it is also sometimes caused from other distempers, and from bad diet; likewise the tooth-ach, when the brain consents, causes it, and so does a sudden fright. As to the distemper itself, it is manifest, and well enough known where it is; and as to the cause whence it comes, you may know by the signs of the disease whether it comes from bad milk, or worms, or teeth: if these are all absent, it is certain that the brain is first affected; if it comes with a small-pox or measles, it ceaseth when they come forth, if nature be strong enough.

For

For the remedy of this grievous and often mortal distemper, give the following powder to prevent it to a child as soon as it is born: Take male piony-roots, gathered in the decrease of the moon, a scruple, with leafgold make a powder; or, take piony-roots a dram, piony-seeds, misseltoe of the oak, elk's hoof, man's skull, amber, each a scruple, musk two grains; make a powder. The best part of the cure is taking care of the nurse's diet, which must not be disorderly by any means. If it be from corrupt milk, provoke a vomit, to do which, hold down the tongue, and put a quill dipped in sweet almonds down the throat. If it comes from worms, give such things as will kill the worms. If there be a fever, respect that also, and give coral smaraged and elk's hoof. In the fit, give epileptic water, as lavender water, and rub with oil of amber, or hang a piony-root, elk's hoof, and smaraged, about the neck.

As to a convulsion, it is when the brain labours to cast out that which troubles it: the matter is in the marrow of the back, and fountain of the nerves; it is a stubborn disease, and often kills.

For remedy whereof, in the fit wash the body, especially the back-bone, with decoction of Althæa, lilly-roots, piony and camomile flowers, and anoint it with man's and goose grease, oils of worms, orris, lillies, turpentine, mastich, storax and calamint. The sun-flower is also very good, boiled in water, to wash the child.

THE EXPERIENCED M I D W I F E.

P A R T II.

Containing proper and safe Remedies for the curing of all those Distempers that are peculiar to the Female Sex, and especially those that have Obstruction to the bearing of Children.

HAVING finished the first part of this book, and I hope therein amply made good my promise to the reader, I am now come to treat of the distempers peculiar to the female sex; in which it is not my design to enlarge, or to treat of all the distempers they are incident to, but those only to which they are most subject, when in a breeding condition, and those that keep them from being so; for each of which distempers I have laid down such proper and safe remedies, as with the divine blessing, may be sufficient to repel them; and since, as amongst all the diseases to which human nature is subject, there is none that more diametrically opposes the very end of our creation, and the design of nature in the formation of different sexes, and the power thereby given us for the work of generation, than that of sterility or barrenness, which, where it prevails, render the most accomplished midwife, but a useless person, and destroys the design of our book; I think therefore barrenness is an effect that deserves our first consideration.

C H A P. I.

Of Barrenness; its several kinds, with proper Remedies against it; and the Signs of Insufficiency both in Men and Women.

SECT. I. *Of Barrenness in general.*

AS there is no general rule but will admit of some exception, against this second part; for though I have promised

mis'd to treat herein of diseases peculiar to the female sex, yet this chapter will engage me to speak of a defect in men, barrenness being an effect incident to them also; and therefore it is so necessary to be handled with respect to men as well as women, that without treating of it so, I shall not be able to make good the old proverb of setting the saddle on the right horse.

Having premised this, and thereby anticipated the objection, I shall now proceed to the subject of this chapter, which is barrenness.

Barrenness is either natural or accidental.

Natural barrenness is, when a woman is barren, though the instruments of generation are perfect both in herself and husband, and no preposterous or diabolical course used to cause it; and neither age nor disease, nor any natural defect hindering, and yet the woman remains naturally barren, and conceives not.

Now this may proceed from a natural cause; for if the man and woman be of one complexion, they seldom have children; and the reason is clear, for the universal course of nature being formed by the Almighty of a composition of contraries, cannot be increased by a composition of likes; and therefore, if the constitution of the woman be hot and dry as well as of the man, there can be no conception; and if, on the contrary, the man should be of a cold and moist constitution as well as the woman, the effect would be the same; and this barrenness is purely natural. The only way to help it is for people before they marry to observe each others constitution and complexion, if they design to have children. If their complexions and constitutions be alike, they are not fit to come together, for the discordant nature makes the only harmony in the work of generation.

Another natural cause of barrenness is want of love between the man and wife. Love is that vital principle that ought to inspire each organ in the act of generation, or else 'twill be but spiritless and dull; for if their hearts be not united in love, how should their seed unite to cause conception; and this is evidently evinced in that there never follows a conception on a rape; therefore if men and women design to have children, let them live so that their

hearts as well as their bodies may be united, or else they may miss of their expectations.

A third cause of natural barrenness, is virgins letting blood in the arm before their natural courses are come down, which is usually in the fourteenth or fifteenth years of their age; sometimes perhaps before the thirteenth, but never before the twelfth. And because usually they are out of order and indisposed before their purgations come down, their parents run to the doctor to know what is the matter, and he straightway opens a vein in the arm, as it was fulness of blood which was the cause of offending, and this makes her well at present; and when the young virgin happens to be in the same disorder again, the mother strait runs to the surgeon, and he directly uses the same remedy; and by these means the blood is diverted from its proper channel, that it comes not down the womb as in another woman; and so the womb dries up, and the woman is for ever barren. The way to prevent this is to let no virgin blood in the arm before her courses come down well; but if there be occasion, let her blood in the foot; for that will bring the blood downwards, and by that means provoke the menstrues to come down.

Another cause of natural barrenness is the debility in copulation; if persons perform not that act with all the heat and ardour that nature requires, they may as well let it alone, and expect to have children without it; for frigidity and coldness never produces conception. Of the cure of this we will speak by and by, after I have spoken of accidental barrenness, which is what is occasioned by some morbid matter or infirmity upon the body, either of the man or the woman, which being removed, they become fruitful. And since (as I have before noted) the first and great law of the creation was to increase and multiply, and barrenness is the direct opposition to the law, and frustrates the end of our creation; and that is a great affliction to divers to be without children, and often causes man and wife to have hard thoughts one of another, each party thinking the cause not in them. I shall here, for the satisfaction of well meaning people, set down the signs and causes of insufficiency both in men and women, premising this first, that when people have no children, they must not presently

presently blame either party, for neither may be in fault, but perhaps God sees it not good (for reasons best known unto himself) to give them any; of which we have divers instances in history. And tho' the Almighty in the production of nature works by natural means, yet where he with-holds his blessing, natural means are ineffectual; for it is the blessing which is the power and energy by which nature brings forth her productions.

SECT. II. *Signs and Causes of Insufficiency in Men.*

ONE cause may be in some viciousness in the yard, as if the same be crooked, or any ligaments thereof distorted or broken, whereby the ways and passages through which the seed should flow, come to be stopped or vitiated.

Another cause may be too much weakness of the yard, and tenderness thereof, so that it is not strongly enough erected to inject seed into the womb; for the strength and stiffness of the yard very much conduces to conception, by reason of the forcible injection of the seed.

Also if the stones have received any hurt, so that they cannot exercise the proper gift in producing seed, or if they be oppressed with any inflammation or tumour, wound, or ulcer, or drawn up within the belly, and not appearing outwardly these are signs of insufficiency and causes of barrenness.

Also a man may be barren by reason of the defect of seed: as first, if he cast forth no seed at all, or less in substance than is needful. Or secondly, if the seed be vicious, or unfit for generation, as on the one side, it happens in bodies that are gross and fat, the matter of it being defective, and on the other side too much leanness, or continual wasting or consumption of body, destroys the seed; nature turning all the matter and substance thereof into nutriment of the body.

Too frequent copulation is also one great cause of barrenness in men; for it attracteth the seminal moisture from the stones before it is sufficiently prepared and concocted; so if any one by daily copulation do exhaust and draw out all the moisture of the seed, then do the stones draw the moist humours from the superior veins into themselves; and

so having but a little blood in them, they are forced of necessity to cast it out raw and unconcocted, and thus the stones are violently deprived of the moisture of their veins, and the superior veins from all the other parts of the body, for their proper nourishment, thereby depriving the body of its vital spirits. And therefore no wonder that those that use immoderate copulation are very weak in their bodies: seeing their whole body is thereby deprived of their best and purest blood, and of the spirit, insomuch that many who have been too much addicted to that pleasure, have killed themselves in the very act; and therefore it is no wonder if such unconcocted and undigested seed be unfit for generation.

Gluttony, drunkenness, and other excesses, do also much hinder men from fruitfulness, and makes them unfit for generation.

But among other causes of barrenness in men, this also is one that makes them barren, and almost of the nature of eunuchs, and that is the incision, or the cutting of their veins behind their ears, which in case of distempers is oftentimes done; for according to the opinion of most physicians and anatomists, the seed flows from the brain by those veins behind the ears more than from any other part of the body. From whence it is very probable that the transmission of the seed is hindered by the cutting of the veins behind the ears, so that it cannot descend at all to the testicles, or come thither very crude and raw. And thus much for the signs and causes of barrenness in men.

SECT. III. *Signs and Causes of Insufficiency, or Barrenness in Women.*

ALthough there are many causes of the barrenness of women, yet the chief and principal are internal, respecting either the privy parts, the womb, or menstrual blood.

Therefore Hippocrates saith (speaking of the either easy or difficult conception of women) the first consideration is to be had of their species, for little women are more apt to conceive than great; slender than gross; white and fair, than ruddy and high coloured; black than wane; those that have their veins conspicuous are more apt to conceive than

than others; but to the very flesh is evil; to have great swelled breasts is good.

The next thing to be considered, is the monthly purgations, whether they have been duly every month, and whether they flow plentifully, and are of a good colour, and whether they have been equal every month.

Then the womb or place of conception is to be considered, it ought to be clean, sound, dry and soft; not retracted or drawn up; not prone, not descended downwards, nor the mouth thereof turned away, nor too close shut. But to speak more particular:

The first parts to be spoken of are the pudenda, or privities, and the womb; which parts are shut and inclosed, either by nature or against nature: and from hence such women are called imperfores; and in some women the mouth of their womb continues compressed, or closed up, from the time of their birth, until the coming down of their courses, and then on a sudden when their terms press forward to purgation, they are molested with great and unusual pains; some of these break of their own accord, others are dissected and opened by physicians, others never break at all, and it brings death.

All these Aetius particularly handles, shewing that the womb is shut three manner of ways, which hinders conception. And the first is, when the lips of the pudenda grow or cleave together; the second is, when there are certain membranes growing in the middle part of the matrix within; the third is, when (though the lips and bosom of the pudenda may appear fair and open) the mouth of the womb may be quite shut up; all which are occasions of barrenness, in that they hinder both the use of man, the monthly courses, and conception.

But amongst all the causes of barrenness in women, the greatest is in the womb, which is the field of generation; and if this field be corrupt, it is in vain to expect any fruit, let it be ever so well sown; for it may be unfit for generation, by reason of many distempers to which it is subject; as for instance, over-much heat and over-much cold: For women, whose wombs are too thick and cold, cannot conceive, because cold extinguishes the heat of the human seed. Immoderate moisture of the womb also destroys

stroyes the seed of man, and makes it ineffectual, as corn sown in ponds and marshes; and so does over much dryness in the womb, so that the seed perisheth for want of nutriment. Immoderate heat of the womb is also a cause of barrenness, for it scorcheth up the seed, as corn sown in the drought of summer; for immoderate heat hurts all the parts of the body, so as no conception can live in the woman. And when unnatural labours are engendered, as too much flegm, tympanies, wind, water, worms, or any such evil humours abounding contrary to nature, it causes barrenness; as does all the terms not coming down in due order, as I have already said.

A woman may also have other accidental causes of barrenness, (at least such as may hinder her conception) as sudden frights, anger, grief, and perturbation of the mind; too violent exercises, at leaping, dancing, running after copulation, and the like. But I will now add some signs by which these things may be known.

If the cause of barrenness be in the man through over-much heat in his seed, the woman may easily feel that in receiving it.

If the nature of the woman be too hot, and so unfit for conception, it will appear by having her terms very little, and the colour inclining to yellowness; she is also very hasty, cholerick and crafty, her pulse beats very swift, and she is very desirous of copulation.

If you would know whether the defect is in the man or the woman, sprinkle the man's urine upon a lettuce-leaf, and the woman's upon another, and that which dries away first is unfruitful. Also, Take five wheaten corns, and seven beans, put them into an earthen pot, and let the party make water therein; if these begin to sprout, after standing seven days, then the party is fruitful, if not, they are barren, whether it be man or woman. This is a certain sign.

Some make this experiment of a woman's fruitfulness: They take myrrh, red storax, and some odoriferous things, and make a perfume, which the woman is to receive into the neck of the womb through a funnel; and if the woman feels the smoke ascend through her body to the nose, then she is fruitful, otherwise not. Some also take garlick and beat it, and cause the woman to lie on her back upon it,
and

and if she feel the scent thereof to her nose, it is a sign of fruitfulness.

Culpepper and others also give a great deal of credit to the following experiment.

Take a handful of barley, and steep half of it in the urine of the man, and the other half in the urine of the woman, for the space of twenty-four hours, and then take it out, and set the man's by itself, and the woman's by itself, in a flower-pot, or some other thing; water the man's every morning with his own urine, and the woman's with her's, and that which grows first, is the most fruitful; and if one grow not at all, that party is naturally barren.

But now, having spoken enough of the disease, it is high time to assign the cure.

If barrenness proceeds from stoppage of the menses, let the woman sweat, for that opens the parts; and the best way to sweat is in a hot-house. Then let the womb be strengthened by drinking a draught of white wine, wherein a handful of stinking arrack, first bruised, has been boiled. For by a secret magnetic virtue it strengthens the womb, and by a sympathetic quality removes any disease thereof. To which add also a handful of vervain, which is very good to strengthen both the womb and head, which are commonly afflicted together by sympathy. Having used these two or three days, if they come not down, take of calamint, penny-royal, thyme, betony, dittany, featherfew, burnet, mugwort, sage, piony-roots, juniper-berries, half a handful of each, or so many as can be got, let all these be boiled in beer, and drank for her ordinary drink.

Take one part of the gentian root, two parts of centory, distil them with ale in an alembick, after you have bruised the gentian-roots, and infused them well. This water is an admirable remedy to provoke the terms. But if you have not this water in readiness, take a dram of centory, and half a dram of gentian roots bruised, boiled in posset drink, and drink a draught of it at night going to bed. Seed of wild hawew beaten to powder, and a dram of it taken in the morning in white wine, also is very good; but if it do not do, you must be let blood in the legs. And be sure you administer your medicines a little before the fall of the moon, or between the new and full moon, by

no means in the wane of the moon; if you do, you will find them ineffectual.

If barrenness proceed from the overflowing of the menses, then strengthen the womb, as you were taught, and afterwards anoint the reins of the back with oil of roses, oil of myrtle, oil of quinces, every night, and then wrap a piece of white baize about your reins, the cotton side next the skin, and keep the same always to it. But above all, I recommend this medicine to you, Take comfrey leaves or roots, and clown wound-wort, of each a handful; bruise them well, and boil them in ale, and drink a good draught of it now and then: Or, Take cinnamon, cassia lignea, opium, of each two drams; myrrh, white pepper, galbanum, of each one dram; dissolve the gum and opium in white wine, and beat the rest into powder; then make it into pills, by mixing them together exactly, and let the patient take two pills every night going to bed, but let not the pills exceed 15 grains.

If barrenness proceed from a flux of the womb, the cure must be according to the cause producing it, which may be known by its signs; for a flux of the womb being a continual distillation from it for a long time together, the colour of what is voided shews what humour it is that offends: In some it is red, and that proceeds from blood putrified; in some it is yellow, and that denotes choler; in others white and pale, and that denotes flegm. If pure blond comes out, as if a vein were opened, some corrosion or gnawing of the womb is to be feared. All those are known by these signs:

The place of the conception is continually moist with the humours, the face is ill-coloured, the party loathes meat, and breathes with difficulty, the eyes are much swollen, which is sometimes without pain. If the offending humour be pure blood, then you must let blood in the arm, and the cephalic vein is fittest to draw back the blood, and then let the juice of plantain and comfrey be injected into the womb. If flegm be the cause, let cinnamon be used in all her meats and drinks, and let her take a little Venice treacle or mithridate every morning. Let her boil burnet, mugwort, feverfew, and vervain, in all her broths. Also, half a dram of myrrh taken every morning, is an excellent

excellent remedy against this malady. If choler be the cause, let her take burrage, bugloss, red roses, endive, and succory roots, lettuce, and white poppy seed, each an handful; boil these in white wine till one half be wasted; let her drink half a pint every morning, to which add syrup of peach flowers, and syrup of chicony, of each an ounce, with a little rhubarb, and this will gently purge her. If it proceeds from putrified blood, let her be blooded in the foot, and then strengthen the womb, as I have directed in stopping of the menses.

If barrenness be occasioned by the falling out of the womb, as sometimes happens, let her apply sweet scents to her nose, such as civet, galbanum, storax, calamitis, wood of aloes, and other things of that nature; and let her lay stinking things to the womb, such as assa-fœtida, oil of amber, or of the smoke of her own hair burnt; for this is a certain truth, that the womb flies from all stinking, and cleaves to all sweet things. But the most infallible cure is this, Take a common burdock leaf (which you may keep dry all the year) apply this to her head, and it will draw the womb upwards. In fits of the mother, apply it to the soles of her feet, and it will draw the womb downwards. Bur-seed beaten into a powder, draws the womb which way you please, according as it is applied.

If barrenness proceed from a hot cause, let the party take whey, and clarify it; then boil plantain leaves and roots in it, and drink it for her ordinary drink. Let her also inject the juice of plantain into the womb with a syringe; if it be in Winter, when you cannot get the juice, make a strong decoction of the leaves and roots in water, and inject that up with a syringe; but let it be but blood-warm, and you will find this medicine of great efficacy. And further, Take often conserve of roses, cold lozenges made of tragacanth, the confectiions of traissantali, and frequently smell camphire, rose-water, and saunders. It is also good to bleed the basilica, or liver vein, and take four or five ounces of blood, and then use this purge, Take electuarum de epithymo, de succo rosarum, of each two drams and an half, clarified whey four ounces: mix them well together, and take it in the morning fasting; sleep after it about an hour and a half, and fast four hours after

it. And, about an hour before you eat any thing, drink a good draught of whey: Also, take lilly-water four ounces, mandrogora water one ounce, saffron half a scruple; beat the saffron to powder, and mix it with the waters, and drink them warm in the morning. Use this eight days together.

Some excellent REMEDIES against Barrenness, and to cause Fruitfulness.

TAKE broom flowers, smallage, parsley seed, cummin, mugwort, featherfew, of each half a scruple; aloes half an ounce; India salt, saffron, of each half a dram; beat and mix them well together, and put to it five ounces of feverfew water warm, stop it up close, and let it stand and dry in a warm place, and thus do two or three times one after another; then make each dram into six pills, and take one of them every other day before supper.

For a purging medicine against barrenness: Take conserve of benedicta lax, one quarter of an ounce; depfillo, three drams; electuary de succo rosarum, one dram; mix them together with feverfew water, and drink it in the morning betimes. About three days after the patient hath taken the purge, let her be let blood four or five ounces in the median or common black vein in the right foot; and then take, for five days after other, filed ivory, a dram and an half in feverfew water; and, during the time, let her sit in the following bath an hour together, morning and night: Take wild yellow rapes, daucus, balsam wood and fruit, ashkeys, of each two handfuls; red and white bhens broom-flowers, of each a handful; musk three grains, amber, saffron, of each one scruple; boil all in water sufficiently; bat the musk, saffron, amber, and broom-flowers, must be put into the decoction after it is boiled and strained.

A confection very good against barrenness: Take pistachia, pingles, eringoes, of each half an ounce, saffron one dram, lignum aloes, gallingade, mace, balm flowers, red and white bhen, each four scruples; shaven ivory, cassia bark, each two scruples; syrup of confectioned ginger twelve ounces, white sugar six ounces; decoct all these well together

ther in twelve ounces of balm^e water, and stir it well together; then put to it musk and amber, each a scruple: Take thereof the quantity of a nutmeg three times a day, in the morning, an hour before noon, and an hour after supper.

But if the cause of barrenness either in man or woman be through scarcity or diminution of the natural seed, then such things are to be taken as do increase the seed, and incite or stir up to venery, and further conception, which I shall here set down, and conclude this chapter of barrenness.

For this, yellow rape-feed baked in bread is very good; also young fat flesh not too much salted; also saffron, the ails stincus, and long pepper prepared in wine. But avoid four, sharp, doughy, and slimy meats, long sleep after meat, with surfeiting and drunkenness, and as much as they can, keep themselves from sorrow.

These things following increase the natural seed, and stir up venery, and recover the seed again when it is lost, viz. eggs, milk, rice boiled in milk, sparrow's brains, flesh, bones and all; the stones and pizzles of bulls, bucks, rams, and bears; also cock-stones, lamb-stones, partridges, quails, and pheasants eggs; for this is an undeniable aphorism, that whatever any creature is addicted unto, they move or incite the woman or man that eats them to the like; and therefore partridges, quails, sparrows, &c. being extremely addicted to venery, they work the same effect in those men and women that eat them. Also take notice, that in what parts of the body the faculty which you would strengthen lies, take the same part of the body of another creature, in whom the faculty is strong as a medicine. As for instance, the procreative faculty lies in the testicles, therefore cock-stones, lamb-stones, &c. are proper to stir up venery. I will also give you another general rule: all creatures that are fruitful being eaten, make them fruitful that eat them; as crabs, lobsters, prawns, pigeons, &c. The stones of a fox dried, and beaten to powder, and a dram taken in the morning in sheeps milk, and the stones of a boar taken in the like manner, are very good. The heart of a male quail carried about the man, and the heart of a female quail carried about the woman, causeth natural love and fruitfulness.

ness. Let them also that would increase their feed eat and drink of the best as near as they can ; for *sine cerere et libero friget Venus*, is an old proverb, which is, Without good meat and good drink, Venus will be frozen to death.

Pottages are good to increase the feed, such as are made of beans, pease, and lupines, and mix the rest with sugar. French beans, wheat sodden in broth, anniseed, also onions stewed, garlicks, leeks, yellow rapes, fresh bugwort roots, oringo-roots confected, ginger confected, &c. Of fruits, hazel-nuts, cypress-nuts, pistachia, almonds, and marchpanes made thereof. Spices good to increase seed are cinnamon, cardamum, galengal, long pepper, cloves, ginger, saffron, asafoetida, take a dram and a half in good wine, is very good for this purpose.

The weakness and debility of a man's yard being a great hinderance to procreation, let him to strengthen it use the following ointments: Take wax, oil of bevercod, marjoram gentle, and oil of coslus, of each a like quantity, mix it into an ointment, and put to it a little musk, and with it anoint the yard, cods, &c. Take of house emmets three drams, oil of white sesannum, oil of lilies, of each an ounce; pound and bruise the ants, and put them to the oil, and let them stand in the sun six days, then strain out the oil, and add to it euphorbium one scruple, pepper and rue, of each one dram, mustard seed half a dram. Set this again all together in the sun two or three days, then anoint the instruments of generation therewith. So much for this chapter.

C H A P. II.

The Diseases of the Womb.

I Have already said, that the womb is the field of generation ; and if this field be corrupted it is in vain to expect any fruit though it be never so well sown ; it is therefore, not without reason, that I intend in this chapter to set down the several distempers to which the womb is obnoxious, and proper and safe remedies against them.

SECT. I. *Of the hot Distemper of the Womb.*

THIS distemper consists in the excess of heat ; for the heat of the womb is necessary for conception, but if it be too much, it nourisheth not the seed, but disperseth its heat, and hinders the conception: this preternatural heat is sometimes from the birth, and makes them barren ; but if it be accidental, it is from hot causes that bring the heat and the blood to the womb : it arises also from internal and external medicines, and from too much hot meat drinks and exercise. Those that are troubled with this distemper have but few courses, and those yellow, black, burnt or sharp, have hair betimes on their privities ; they are very prone to lust, and are subject to the head-ach, and abound with choler. And when the distemper is strong upon them, they have but few terms, and out of order, being bad and hard to flow, and in time they become hypochondriacs, and for the most part barren, having sometimes a frenzy of the womb.

The remedy is to use coolers, so that they offend not the vessels that must be open for the flux of the terms. Therefore inwardly use coolers, such as succory, endive, violets, water-lillies, sorrel, lettuce, fanders, and syrups, and conserves made thereof. Also take conserve of succory, violets, water-lillies, burrage, each an ounce ; conserve of roses half an ounce, diamargaton frigid, diatriasantal, each half a dram ; and with syrup of violets, or juice of citrons, make an electuary. For outward applications make use of ointment of roses, violets, water-lillies, gourds, Venus-narvel applied to the back and loins.

Let the air be cool, her garments thin, and her meat endive, lettuce, succory, and barley. Give her no hot meats, nor strong wine, unless mixed with water. Rest is good for her, but she must abstain from copulation, though she may sleep as long as she will.

SECT. II. *Of the cold Distemper of the Womb.*

THIS distemper is the reverse of the foregoing, and equally an enemy to generation, being caused by a cold quality abounding to excess, and proceeds from a too cold air, rest, idleness and cooling medicines. It may be

known by an aversion to lechery, and taking no pleasure in the act of copulation when they spend their seed. Their terms are flegmatick, thick, and slimy, and do not flow as they should. The womb is windy, and the feed crude and waterish. It is the cause of obstructions and barrenness, and hard to be cured.

For the cure of this distemper use this water: Take galengal, cinnamon, nutmeg, mace, cloves, each two drams; ginger, cubebs, zedory, cardanum, each an ounce, grains of Paradise, long pepper, each half an ounce; beat them, and put them into six quarts of wine for eight days; then add sage, mint, balm, motherwort, each three handfuls. Let them stand eight days more, then pour off the wine, and beat the herbs and the spices, and then pour on the wine, and distil them. Or you may use this: Take cinnamon, nutmegs, cloves, mace, ginger, cubebs, cardanums, grains of Paradise, each an ounce and a half, galengal six drams, long pepper half an ounce, zedory five drams, bruise them, and add six quarts of wine; put them into a cellar nine days, daily stirring them; then add of mint two handfuls, and let them stand fourteen days, pour off the wine, and bruise them, and then pour on the wine again, and distil them. Also anoint with oil of lillies, rue, angelica, bays, cinnamon, cloves, mace, and nutmeg. Let her diet and air be warm, her meat of easier concoction, seasoned with anniseed, fennel, and thyme, and let her avoid raw fruits and milk diets.

SECT. III. *Of the Inflation of the Womb.*

THE inflation of the womb, is the stretching of it by wind, called by some a windy mole; the wind proceeding from a cold matter, whether thick or thin, contained in the veins of the womb, by which the weak heat thereof is overcome, and it either flows thither from other parts, or is gathered there by cold meats or drinks: cold air may be a procuring cause of it also, as lying in women are exposed to it. The wind is contained either in the cavity of the vessels of the womb, or between the tunicles, and it may be known by a swelling in the region of the womb, which sometimes reaches to the navel, loins, and diaphragma; and it rises and abates as the wind increaseth
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or decreaseth. It differs from the dropfy, in that it never swells so high; and that neither the physician nor midwife may take it for conception, let them observe the signs of women with child laid down in the first part of this book; and if one sign be wanting, they may suspect it to be an inflation, of which this is a farther sign, that in conception the swelling still increaseth; also, if you strike upon the belly, in an inflation there will be a noise, but not so in case there be a conception. It also differs from a mole, because in that there is a weight and hardness in the belly; and when they move from one side to another, they feel a weight which moveth; but not so in this. If the inflation be without the cavity of the womb, the pain is greater and more extensive, nor is there any noise, because the wind is more pent up.

This distemper is neither of any long continuance, nor dangerous, if looked after in time; and if it be in the cavity of the womb, is more easily expelled. To which purpose give her diaphonicon, with a little castor, and sharp clysters that expel wind. If this distemper happen to a woman in travail, let her not purge after delivery, nor bleed, because it is from a cold matter; but if it come after child bearing, and her terms come down sufficiently, and that she has fulness of blood, let the saphæna vein be opened; after which let her take the following electuary: Take conserve of betony and rosemary, of each an ounce and an half; candied eringoës, citron peels candied, each half an ounce, diacimium, galengal, each a dram, oil of anniseed six drops, and with syrup of citrons make an electuary. For outward applications make a cataplasme of rue, mugwort, camomile, dill, calamints, new penny-royal; thyme, with oil of rue, keir, and camomile; and let the following clyster, to expel wind, be put into the womb: Take agnus castus, rue, calamint, each a handful; anniseed, castus, cinnamon, each two drams, boil them in wine to half a pint. She may likewise use sulphur baths, and spaw waters, both inward and outward, because they expel wind.

SECT. IV. *Of the Dropfy in the Womb.*

THIS is another morbid effect of the womb, proceeding from water, as that before-mentioned did from

from wind, by which the belly is so swelled, that it deceives many, causing them to think themselves with child when indeed they are not. This is an unnatural swelling raised by the gathering together of waters, from moisture mixed with the terms, and an evil sanguification from the liver and spleen; also by immoderate drinking, or eating of crude meats; all which causing a repletion, do suffocate the native heat: It may also be caused by the overflowing of the courses, or by any other immoderate evacuation. The signs of this distemper, are the lower parts of the belly, with the privities puffed up and pained; the feet swell, the natural colour of the face decays; the appetite is departed; the terms also are fewer, and cease before their time; her breasts are also soft, but without milk. This is distinguished from a general dropsy, in that the lower parts of the belly are most swelled; neither does the sanguificative faculty appear so hurtful, nor the urine so pale, nor the countenance so soon changed, neither are the superior parts so extenuated, as in a general dropsy. But yet this distemper foretels the total ruin of the natural functions, by that singular consent the womb hath with the liver, and therefore an evil habit of body or a general dropsy will follow.

For the cure of this disease, first mitigate the pain with fomentations, of mellilot, mallows, linseed, camomile, and althæa, then let the humour be prepared with syrup of stoeshus, calāmint, mugwort, both sorts, with the distilled waters, or decoctions of dodder, marjoram, sage, origan, speerage, penny-royal, and betony: and let her purge with senna, agarick, rhubarb, and eliterian. Take calamints, mugwort, lovage roots, penny-royal, each a handful; savil, a pugil; madder-roots, angelica, of each half an ounce; boil them in water, and sweeten them with sugar. Or, if she likes it better, make broths of the same. Also take specirem diambree, diameſci dulcis, diacalamenti, diacinnamoni, diacimini, tröce de mirrha, of each two drams, sugar one pound; with betony water make lozenges, and let her take of them two hours before meals. Apply also to the bottom of the belly, as hot as can be endured, a little bag of camomile, cummin, and mellilot boiled in oil of rue; and anoint the belly and privities with unguen-
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tum Agrippæ, mingling therewith oil of Iroes. Let the lower parts of the belly be covered with a plaister of bay-berries, or with a cataplasm made of cummin, camomile and briony-roots, adding thereto cows and goats dung. For injection into the womb, take asarum-roots three drams, penny-royal, calamint, each half a handful, favin, a pugil, mechoacan a dram; anniseed, cummin, each half a dram. Boil them, and take six ounces strained, with oil of elder and orris, each an ounce; and inject it into the womb by a metrenchita; let the air be hot and dry. Moderate exercise may be allowed, but much sleep is forbidden. She may eat the flesh of partridges, larks, chickens, mountain birds, hares, conies, &c.; and drink wine mixed with a little water.

SECT. V. *Of the Inflammation of the Womb.*

THIS is a tumour possessing the womb, accompanied with unnatural heat, by obstruction, and gathering together of corrupt blood; for the blood that comes to the womb, gets out of the vessels into its substance, and grows hot, putrifies, and causeth an inflammation, either all over, or in part, before or behind, above or below. This happens also by suppression of the menstrues, repletion of the whole body, immoderate copulation, often handling of the genitals, difficult child-birth, vehement agitation of the body, or by falls or blows. The signs of this inflammation are tumours, with heat and pain in the region of the womb, stretching and heaviness in the privities, also a pain in the head and stomach, with vomiting, coldness of the knees, convulsions of the neck, dotting, trembling of the heart; and sometimes straitness of breath, by reason of heat which is communicated to the diaphragma, or midriff; and the breasts sympathizing with the womb, are pained and swelled; but more particularly, if the fore part of the matrix be inflamed, the privities are grieved, and the urine is suppressed, or flows forth with difficulty: if it be behind, the loins and back suffer, and the belly is bound: if the inflammation be in the bottom of the womb, the pain is towards the navel; if the neck of the womb be affected, the midwife, putting up her finger, may feel the mouth of it retracted, and closed up, with

with a hardness about it. As to the prognosticks of it, all inflammations of the womb are dangerous, and sometimes deadly, especially if it be all over the womb: if the woman be with child she rarely escapes; an abortion follows, and the mother dies.

As to the cure: first, Let the humours flowing to the womb be repelled: for the effecting of which, after the belly hath been opened by cooling clysters, letting of blood will be needful: open therefore a vein in the arm, but have a care of bleeding in the foot, least thereby you draw more blood to the womb; but if it be from the terms stopt, you may. The opinion of Galen is, that the blood may be diverted by bleeding in the arm, or cupping the breasts; and that it may be by opening an ancle vein, and cupping upon the hips. Then purge gently with cassia, rhubarb, fenna, and mirobolans, thus: Take fenna two drams; anniseed one scruple, mirobolans half an ounce, barley-water a sufficient quantity; make a decoction, dissolve it in syrup of succory, with rhubarb two ounces, pulp of cassia half an ounce, oil of anniseed two drops, and make a potion. At the beginning of the disease anoint the privities and reins with oil of roses and quinces. Make plaisters of plaintain, linseed, barley-meal, melliot, fenugreek, and white of eggs; and, if the pain be vehement, add a little opium. For repellors and anodynes take Venus-navel, purslain, lettuce, houleek, vine leaves, each a handful, boil them in wine; barley-meal two ounces, pomegranate flowers two drams, boil a dram with oil of roses, and make a poultice. Or, take diacibilou simple, two oz. juice of Venus-navel, and plantain, each half an ounce; take of fenugreek, mallow-roots, decocted figs, linseed, barley-meal, doves dung, turpentine, each three drams; deers suet half a dram, opium half a scruple, and with wax make a plaister. After it is ripe, break it by motion of the body, coughing, sneezing, or else by cupping and pessaries: as, Take rue half a handful, figs an ounce, pigeons dung, orris roots, each half a dram; with wool make a pessary. After it is broken, and the pains abate, then cleanse and heal the ulcer with such cleansers as these; viz. Whey, barley-water, honey, wormwood, smallage, orris, birthwort, myrrh, turpentine, allum: Take new-milk

milk boiled a pint, honey half a pint, orris powder half an ounce, and use it very often every day. If it break about the bladder, use an emulsion of cold seeds, whey, and syrup of violets. Let her drink barley-water, or clarified whey, and her meat be chickens, and chicken broth, boiled with endive, succory, sorrel, bugloss and mallows.

SECT. VI. *Of Schirrosity and Hardness of the Womb.*

A Swelling in the womb neglected, or not perfectly cured, often produces a schirrosity in the matrix, which is a hard, insensible, unnatural swelling, causing barrenness, and begetting an indisposition of the whole body. The immediate cause is a thick, earthy humour, (as natural melancholy, for instance) gathered in the womb, and causing a schirrous without inflammation. It is a proper schirrous when there is neither sense nor pain, and it is an improper schirrous when there is some little sense and pain. This distemper is most usual in women of a melancholy constitution, and also such as have not been cleansed from their menses, or from the retention of the lochia, or after purgings; it is likewise sometimes caused by eating corrupt meat; or those inordinate longings called pica, to which breeding women are often subject: and lastly, it may also proceed from obstructions and ulcers in the womb, or some evil effects in the liver and spleen. It may be known by these signs: If the effect be in the bottom of the womb, she feels as it were a heavy burden representing a mole, yet differing, in that the breasts are attenuated, and the whole body also. If the neck of the womb be hardened, no outward humour will appear, the mouth of it is retracted, and touched with the finger, feels hard; nor can she have the company of a man without great pains and prickings. This schirrosity or hardness is (when confirmed) incurable, and will turn into a cancer, or dropsy; and ending in a cancer, proves deadly; the reason of which is, because the native heat in those parts being almost smothered, is hardly to be restored again.

For the cure of this, first prepare the humour with syrup of burrage, succory, epicymum, and clarified whey; which being done, take of these pills following; accord-
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ing to the strength of the patient; take hiera picra six drams and a half; agarick, lapis lazuli, abluti salis Indiæ, coloquintida, of each one dram and a half; mix them, and make pills. The body being purged, proceed to mollify the hardness as followeth; anoint the privities and the neck of the womb with the following ointment; take oil of capers, lillies, sweet almonds, jessamin, each an ounce; mucilage, fenugreek, althæa, ointments of althæa, each six drams; amoniacum dissolved in wine, an ounce, which with wax make into an ointment. Then apply below the navel diachylon fernelli; and make emulsions of figs, mugwort, mallows, penny-royal, althæa, fennel-roots, mellilot, fenugreek, and linseed boiled in water; but for injection, take bdellium dissolved in wine, oil of sweet almonds, lillies, camomile, each two ounces, marrow of veal-bones, and hens-grease, each an ounce, with the yolk of an egg. The air must be temperate; and as for her diet, let her abstain from all gross, viscous, and salt meats, as pork, fish, old cheese, &c.

SECT. VII. *Of the Straitness of the Womb, and its Vessels.*

THIS being seated in the vessels of the womb, and neck thereof, is an obstruction to the bearing of children, as it hinders both the flowing of the menses and conception. The cause of this straitness is thick and tough humours that stop the mouth of the veins and arteries: these humours are bred of gross or too much nourishment; when the heat of the womb is so weak that it cannot attenuate the humours, which, by reason thereof, either flow from the whole body, or are gathered into the womb. Now, the vessels are made closer or straiter several ways: sometimes by inflammations, schirrous, or other tumours; sometimes by compressions, or by a scar, or flesh, or membrane, that grows after the wound. The signs by which this is known, are the stoppage of the terms, not conceiving, crudities abounding in the body, which are known by particular signs; for if there was a wound, or the secundine was pulled out by force, flegm comes from the wound. If stoppage of the terms be from an old obstruction by humours, it is hard to be cured; if it be only from the disorderly use of astringents, it is more curable; if it be from

a scirrhus, or other tumours that compress or close the vessels, the disease is incurable.

For the cure of that which is curable, obstructions must be taken away, slegm must be purged, and she must be let blood, as will be hereafter directed in the stoppage of the terms. Then use the following medicines: Take of anniseed and fennel seed, each a dram; rosemary, penny-royal, calamint, betony-flowers, each an ounce; castus, cinnamon, galengal, each half an ounce; saffron half a dram, with wine. Or, take asparagus roots, parsley roots, each an ounce; penny-royal, calamints, each a handful; wall-flowers, dill-flowers, each two pugils; boil, strain, and add syrup of mugwort, an ounce and an half. For a fomentation, take penny-royal, mercury, calamint, marjorum, mugwort, each two handfuls; sage, rosemary, bays, camomile-flowers, each a handful; boil them in water, and foment the groin and bottom of the belly, or let her sit up to the navel in a bath, and then anoint about the groin with oil of rue, lillies, dill, &c.

SECT. VIII. *Of the falling of the Womb.*

THIS is another evil effect of the womb, which is both very troublesome, and also a hinderance to conception.—Sometimes the womb falleth to the middle of the thighs, nay, almost to the knees, and may be known then by its hanging out. Now that which causeth the womb to change its place, is when the ligaments by which it is bound to the other parts are not in order: for there are four ligaments, two above, broad and membranous, that come from the peritoneum, and two below that are nervous, round and hollow; it is also bound to the great vessels by veins and arteries, and to the back by nerves: Now the place is changed when it is drawn another way, or when the ligaments are loose, and it falls down by its own weight. It is drawn on one side when the menses are hindered from flowing, and the veins and arteries are full, namely, those which go to the womb. If it be a mole on one side, the liver and spleen cause it; by the liver veins on the right side, and the spleen on the left, as they are more or less filled. Others are of opinion it comes from the solution of the connection of the fibrous neck, and

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the parts adjacent, and that is from the weight of the womb descending. This we deny not; but the ligaments must be loose or broken. But women in a droply could not be said to have the womb fall down, if it came only from looseness; but in them it is caused by the saltness of the water, which dries more than it moistens. Now, if there be a little tumour within or without the privities, it is nothing else but a descent of the womb; but if there be a tumour like a goose egg, and a hole at the bottom, there is at first a great pain in the parts to which the womb is fastened, as the loins, the bottom of the belly, and the os sacrum, which proceeds from the breaking or stretching of the ligaments, but a little after the pain abates; and there is an impediment in walking; and sometimes blood comes from the breach of the vessels, and the excrements and urine are stopt, and then a fever and a convulsion ensueth, which oftentimes proves mortal, especially if it happens to women with child.

For the cure of this distemper, first put it up before the air alter it, or it be swollen or inflamed; and therefore first of all give a clyster to remove the excrements; then lay her upon her back, with her legs abroad, and thighs lifted up, and head down; then take the tumour in your hand, and thrust it in without violence; if it be swelled by alteration and cold, foment it with the decoction of mallows, althæa, line, fenugreek, camomile flowers, bay berries, and anoint it with oil of lillies and hens grease. If there be an inflammation, do not put it up, but fright it in, by putting a red-hot iron before it, and making a shew as if you intended to burn it; but first sprinkle upon it the powder of mastich, frankincense, and the like: Take frankincense, mastich, each two drams; sarcocol steeped in milk, a dram; mummy, pomegranate flowers, sanguis draconis, each half a dram; when it is put up, let her lie with her legs stretched, and one upon the other, for eight or ten days, and make a pessary in the form of a pear, with cork or sponge, and put it into the womb, dipped in sharp wine, or juice of acacia, with powder of sanguis, galbanum, bdellium. Also, apply a cupping glass with great flame under the navel or paps, or to both kidneys, and lay this plaister to the back: Take opoponix two ounces

ounces, storax liquid half an ounce, mastich, frankincense, pitch, bole, each two drams, then with wax make a plaister; or, laudanum a dram and an half, mastich and frankincense, each half a dram, wood aloes, cloves, spikes, each a dram; ash-coloured amber-grease four grains, musk half a scruple; make two round plaisters to be laid on each side of the navel; make a fume of snail skins salted, or of garlick, and let it be taken in by the funnel. Use also astringent fomentations of bramble leaves, plantain, horsetail, myrtles, each two handfuls, worm-seed two pugils, pomegranate flowers half an ounce, boil them in wine and water. For an injection, take comfrey roots an ounce, rupture wort two drams, yarrow, mugwort, each half an ounce, boil them in red wine, and inject it with a syringe. To strengthen the womb, take hartshorn, bays, of each a dram, myrrh half a dram; make a powder for two doses, and give it with sharp wine. Or, Take zedoary, parsnip seed, crabs eyes prepared, each a dram; nutmeg half a dram, and give a dram in powder; but astringents must be used with great caution, lest by stopping the courses a worse mischief follow. To keep it in its place, make rollers and ligatures as for the rupture; and put pessaries into the bottom of the womb, that may force it to remain. I know some physicians object against this, and say they hinder conception; but others, in my opinion, much more justly affirm, that they neither hinder conception, nor bring any inconvenience; nay, so far from that, they help conception, and retain it, and cure the disease perfectly.—Let the diet be such as has drying, astringent, and glewing qualities, such as rice, starch, quinces, pears, and green cheese; but let summer fruits be avoided, and let her wine be astringent and red.

C H A P. III.

Of Diseases relating to Women's monthly Courses.

SECT. I. *Of Women's monthly Courses in general.*

DIVINE providence which, with a wisdom worthy of itself, has appointed woman to conceive by coition with the man, and to bear and bring forth children, has

provided for the nourishment of children during their recess in the womb of their mother, by that redundancy of the blood which is natural to all women, and which flowing out at certain periods of time (when they are not pregnant) are from thence called terms, and menses from their monthly flux of excrementitious and unprofitable blood; which is only to be understood with respect to the redundancy thereof, being an excrement only with respect to its quantity, for as to its quality it is as pure and incorrupt as any blood in the veins; and this appears from the final cause of it, which is the propagation and conservation of mankind; and also from the generation of it, it being the superfluity of the last aliment of the fleshy parts. If any ask, If the menses be not of a hurtful quality, how can it have such venomous effects, as if it fall upon trees and herbs, it makes the one barren, and mortifies the other? I answer, This malignity is contracted in the womb; for the woman wanting native heat to digest this superfluity, sends it to the matrix, where seating itself till the mouth of the womb be dilated, it becomes corrupt and mortified, which may easily be considering the heat and moistness of the place; and so this blood being out of its proper vessels, and too long retained, offends its quality. But if frigidity be the cause why women cannot digest all their last nourishment, and by consequence have these monthly purgations, how comes it to pass, may some say, that they are of so cold a constitution more than men? Of this I have already spoken in the chapter of barrenness: It is chiefly thus: The Author of our being has laid an injunction upon men and women to propagate their kind, hath also wisely fitted them for that work; and seeing that in the act of coition there must be an agent and a patient, (for if they be of one constitution, there can be no propagation) therefore the man is hot and dry, and the woman cold and moist. It is therefore necessary that the woman should be of a cold constitution, because in her is required a redundancy of matter for the nourishment of the infant depending on her. And this is wisely ordained by nature, for otherwise the child would detract from and weaken the principal parts of the mother; which would most naturally render the provision of the infant to be the destruction of the

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the parent. Now, these monthly purgations usually begin about the 14th year; and continue till the 46th or 50th year; yet not so constantly, but that oftentimes there happens a suppression, which is sometimes natural and sometimes morbidical: When they are naturally suppressed, it is either in breeding women, or such as give suck; but that which is morbidical, must be the subject of the following section.

SECT. II. *Of the Suppression of the monthly Courses.*

THE suppression of the terms, which is morbidical, is an interception of that accustomed evacuation of blood which should come from the matrix every month, and which proceeds from the matter vitiated. The cause of this suppression is either internal or external: The internal cause is either instrumental or material, in the blood or in the womb. The blood may be faulty two ways, in quantity or in quality; in quantity, when it is so confused that there is no overplus left, as in viragoes, and all virile women, who through their heat and strength of nature digest and consume all their best nourishment; but women of this constitution are rather to be accounted anthropophagæ, that is, women eaters, than women-breeders; because they consume one of the principles of generation, which gives a being to the world, *i.e.* the menstrous blood. The blood may also be consumed, and the terms stayed, by too much bleeding at the nose, and likewise by a flux of the hemorrhoids, or by a dysenteria, evacuations, chronical and continued diseases. But secondly, the matter may be vicious in quality, as if it be sanguineous, stegmatical, melancholic; each of these, if they offend in grossness, will cause an obstruction in the veins.

The womb also may be in fault divers ways; as by the narrowness of the veins and passages, by aposthumes, tumours, ulcers, and by overmuch cold or heat, the one vitiating the action, and the other consuming the matter; also, by an evil composition of the uterine parts by the neck of the womb being turned aside; and sometimes, though but rarely, by a membrane or excrescence of flesh growing about the womb.

The external cause may be heat, or dryness of the air, immoderate watching, great labour, violent motion, where by the matter is so consumed, and the body is so exhausted, that there is no redundant blood remaining to be expelled; whence it is recorded of the Amazons, that being active, and always in motion, they had little or no monthly fluxes: it may also be caused by cold; and most frequently it is so, making the blood vicious and gross, condensing and binding up the passages, that it cannot flow forth.—The signs of the disease are pains in the head, neck, back, and loins, with weariness of the whole body, but especially of the hips and legs, by reason of a confinement which the womb hath in those parts: if the suppression proceeds from cold, it causes a heavy sluggish disposition, a pale colour, a slow pulse, the urine crude, waterish, and much in quantity, and no desire to copulation, the excrements of the guts being usually retained; but if it proceeds from heat, the signs are contrary. If it be natural, or caused by conception, it may be known by drinking water and honey after supper, going to bed; for if, after the taking it, it causeth the woman to feel a bearing pain about the navel and lower parts of the belly, it is a sign she hath conceived, and that the suppression is natural; if not, then it is vicious, and ought medicinally to be taken away, otherwise many dangerous diseases will follow, such as swoonings, faintings, intermission of pulse, obstructions, cachexies, jaundice, dropsies, hardness of the spleen, epilepsies, apoplexies, frenzies, melancholy, passions, &c. which makes it highly necessary to say something now of the cure.

The cure of this distemper must be by evacuation, for this suppression is a pletorick effect; it will therefore be best in the midst of the menstrual period to open the liver-vein; and for the reversion of the humour two days before the wonted evacuation, open the saphena veins of both feet; and if the repletion be not great, apply cupping glasses to the legs and thighs; after letting blood, the humour must be prepared and made flexible with syrup of flæchus, hare-hound, hyssop, betony, maiden-hair, of each one handful; make a decoction, and take thereof three ounces; syrup of mugwort, succory, maiden-hair, mix

mix each half an ounce; and after she comes out of the bath, let her drink it off. Then purge pil. de Agarick, Elephang. Coch. Fædit. Galen in this case commends Pilula de Hiera cum coloquintida; for as they are proper to purge the humour offending, so they open the passages of the womb. If the stomach be overcharged, let her take a vomit; but if it be so prepared as to act both ways, lest the humours should be too much turned back by working only upwards; to which end, take trochisk of agarica two drams, infuse them in three ounces of oximel, in which dissolve benedict. laxat. half an ounce, and of the electuary diasarum one scruple; and let her take it after the manner of a purge. When the humour has been thus purged, you may proceed to more proper and forcible remedies. Take extract of mugwort one scruple and a half, rinds of cassia, parsley-seed, castor, of each a scruple; and with juice of smallage, or after supper going to bed. Also administer to the lower parts suffumigations of amber, unctions, injections, and infusions; make suffumigations of amber, galbanum, melanthum, bay-berries, lungwort, cinnamon, nutmegs, cloves, &c. Make pessaries of figs, and the leaves of mercury bruised, and rolled up with lint. Make injections of the decoction of mercury, betony, origin, mugwort, and figs, and inject it into the womb by an instrument fit for that purpose. For unction, take ladant, oil of myrrh, of each two drams; oil of lillies, almonds, capers, camomile, of each half an ounce; and with wax make an unguent, with which let the place be anointed. Let the air be hot and dry, her sleep shorter than ordinary; let her use moderate exercise before meals, and let her meat and drink be attenuating.

SECT. III. *Of the overflowing of the monthly Courses.*

THIS distemper is directly contrary to that of which I have spoken in the foregoing section; and is no less dangerous than the other, and therefore requires to be spoken to next in order. This distemper is a sanguineous excrement, proceeding from the womb, and exceeding in time and quality. I call it sanguineous, because there are two ways by which the blood flows forth; one is by the internal veins in the body of the womb, which is properly called

called the monthly flux; the other is, by those veins which are terminated in the neck of the matrix, which some physicians call the hemorrhoids of the womb; and that it exceeds in quantity when they flow about three days; but this is the most certain sign of their excess in flowing, when they flow so long that the faculties of the body are thereby weakened; for in bodies abounding with gross humours, this immoderate flux does sometimes unburden nature of her load, and is not to be stopt without advice from a physician.

The cause of this immoderate flowing is either external or internal; the external cause may be the heat of the air; lifting and carrying heavy burdens, unnatural child births, falls, &c. The internal cause may be threefold, in the matter, instrument, or faculty: the matter, which is the blood, may be vicious two ways; first, in quantity, being so much that the veins are not able to contain it; secondly, in quality, being adust, sharp, waterish, or unconnected: The instrument, viz. the veins are faulty by the dilatation of the orifice, which may be caused two ways: first, by the heat of the constitution, climate, or season, heating the blood, whereby the passages are dilated, and the faculty weakened, that it cannot retain the blood; secondly, by falls, blows, violent motion, breaking of a vein, &c.

This inordinate flux may be known by the appetite's being decayed, the concoction depraved, and all the actions of the body weakened; the feet swelled, the colour of the face changed, and a general feebleness possesseth the whole body. If it comes by the breaking of a vein, the body is sometimes cold, the blood flows forth on heaps, and that suddenly, with great pain; if it comes through heat, the orifice of the veins being dilated, then there is little or no pain, yet the blood flows faster than it doth in an erosion, and not so fast as in a rupture. If by erosion, or sharpness of blood, she feels a great heat scalding the passage, it differs from the other two, in that it flows not so suddenly nor so copiously as they do. If it be by weakness of the womb, she has an aversion to copulation; if it proceeds from the blood, drop some of it on a cloth, and when it is dry you may judge of the quality by the colour;

colour; if it be choleric, it will be yellow; if melancholy, black; if phlegmatic, waterish and whitish.

The cure of this consists in three particulars; first, in repelling and carrying back the blood; secondly, in correcting and taking away the fluxibility of the matter; and, thirdly, in corroborating the veins or faculties. For the first, to cause a regression of the blood, open a vein in her arm, and draw out so much blood as the strength of the patient will permit, and that not at once, but at several times, for thereby the spirits are less weakened, and the retraction so much the greater. Apply the cupping-glass to the liver, that the reversion may be in the fountain. To correct the fluxibility of the matter, cathartics moderated with astringents, may be used. If it be caused by sharpness of blood, consider whether the corrosion be by salt phlegm, or adust colour; if by salt phlegm, prepare with syrup of violets, wormwood, roses, citron peels, succory, &c. then take this purgation: Mirabolans, chervil, half an ounce; trochisks of agaric, one dram; with plantain water make a decoction; add thereto syr. rosat. lux, three ounces, and make a potion. If by adust choler, prepare the body with syrup of roses, myrtles, sorrel, purslain, mixed with water of plantain, knotgrass, and endive; then purge with this potion: Take rinds of mirabolans, rhubarb, of each one dram; cinnamon fifteen grains, infuse them one night in endive water; add to it the straining pulp of tamarinds, cassia, of each half an ounce, syrup of roses one ounce, and make a potion. If the blood be waterish and unconnected, as it is in hydropical bodies, and flows forth by reason of the tenury, to draw off the water will be profitable; to which end purge with agaric, elaterium, and colocintida. Sweating is also very proper in this case, for by it the matter offending is taken away, and the motion of the blood is carried to the outward parts. To procure sweat, use cardamum water with mithridate, or the decoction of guaiacum, sassafras, sarsaparilla; gum of guaiacum does also greatly provoke sweat; and pills of sarsaparilla, taken every night at going to bed, are worthily commended. If the blood flows forth from the opening or breaking of a vein, without any evil quality of itself, then ought corroboratives only to be applied, which

which is the thing to be done in this inordinate flux ; bole armoniac one scruple, London treacle one dram, old conserve of roses half an ounce, with syrup of myrtles, make an electuary. Or, if the flux has continued long, take of mastich two drams, olibani, tinct. de careble, of each one dram ; balanstium one scruple, make a powder ; with syrup of quinces make it into pills, and take one always before meals.

SECT. IV. *Of Terms coming out of Order, either before or after the usual Time.*

BOTH these shew an ill constitution of body. Every thing is beautiful in its order, in nature as well as in morality ; and if the order of nature be broke, it shews the body to be out of order. Of each of these effects briefly.

When the monthly courses come before their time, it shews a depraved excretion that comes for the time, often flowing sometimes twice a month : The cause why they come sooner is in the blood, which stirs up the expulsive faculty in the womb, or sometimes in the whole body, caused oftentimes by the person's diet, which increases the blood too much, makes it too sharp or too hot ; and if the retentive faculty of the womb be weak, and the expulsive faculty strong, and of a quick sense, it brings them forth the sooner ; and sometimes they flow sooner by reason of a fall, stroke, or some violent passion, which the parties themselves can best relate. If it be from heat, thin and sharp humours, it is known by the distemper of the whole body. The looseness of the vessels, and weakness of the retentive faculty, is known from a moist and loose habit of body. It is more troublesome than dangerous, but hinders conception, and therefore the cure is necessary for all, but especially such as desire children. If it proceeds from a sharp blood, let her temper it by a good diet and medicines ; for which purpose let her use baths of iron water, that correct the distemper of the bowels, and then evacuate. If it proceeds from the retentive faculty, and looseness of the vessels, it is to be corrected with gentle astringents.

As to the courses flowing after the usual time, the causes

causes are thickness of the blood, and the smallness of its quantity, with the straitness of the passage and weakness of the expulsive faculties, either of these single, may stop the courses, but if they all concur, they render the distemper the worse. If the blood abounds not in such a quantity as may stir up nature to expel it, its purging must necessarily be deferred till there be enough. And if the blood be thick, the passage stopped, and the expulsive faculty weak, the menses must needs be out of order, and the purging of them retarded.

For the cure of this, if the quantity of blood be small, let her use a larger diet, and very little exercise. If the blood be thick and foul, let it be made thin, and the humours mixed therewith be evacuated. It is good to purge after the courses have done flowing, and to use calamints; and indeed the oftner she purge the better. She may also use fumes and nesaries, apply cupping-glasses without scarification to the inside of the thighs, and rub the legs, and scarify the ankles, and hold the feet in warm water four or five days before the courses come down. Let her also anoint the bottom of the belly with things proper to provoke the terms.

SECT. V. *Of the false Courses, or Whites.*

THE whites or false courses are a foul excretion from the womb; for from the womb proceeds not only the menstruous blood, but accidentally many other excrements, which is a distillation of variety of corrupt humours through the womb, flowing from the whole body, or part of the same; which, though called the whites, are sometimes blue or green, or reddish, not flowing at a set time, or every month, but in a disorderly manner, sometimes longer, and sometimes shorter. It is different from the running of the reins, both less in quantity, and whiter and thicker in quality, and coming at a great distance; it is different also from those night pollutions, which is only in sleep, and doth proceed from the imagination of venery.

The causes of this distemper is either promiscuously in the whole body, by a cacochymia, or weakness of the same; or in some of the parts, as in the liver, which, by
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the inability of the sanguificative faculty, causeth a generation of corrupt blood, and then the matter is reddish: sometimes in the gall, being remiss in its office, not drawing away those cholerick superfluities which are ingendered in the liver, and then the matter is yellowish; sometimes in the spleen, not defecating and cleansing the blood of the excrementious parts, and then the matter flowing forth is blackish. It may also come from catarrhs in the head, or from any other putrified or corrupt member. But if the matter of the flux be white, the case is either in the stomach or reins. In the stomach, by a phlegmatical and crude matter there contracted and vitiated thro' grief, melancholy, and other distempers; for otherwise, if the matter were only pituitous, and no ways corrupt or vitiated, being taken into the liver, it might be converted into blood; for phlegm in the ventricle is called nourishment half digested: But being corrupt, although it be sent into the liver, it cannot correct that which the first hath corrupted, and therefore the liver sends it to the womb, which can neither digest it nor repel it, and so it is voided out, still keeping the colour which it had in the ventricle. The cause also may be in the veins, being overheated, whereby the spermatical matter, by reason of its tenuity, flows forth. The external cause may be the moistness of the air, eating corrupt meats, anger, grief, slothfulness, immoderate sleeping, and costiveness.

The signs are extenuation of body, shortness and stinking breath, loathing of meat, pain in the head, swelling of the eyes, melancholy, humidity, flowings from the womb, of divers colours, as reddish, black, green, yellow, white; it is known from the overflowing of the courses, in that it keeps no certain periods, and is of so many colours, all which do degenerate from blood.

For the cure of this, it must be by methods adapted to the case; and as the causes are various, so must be the cure.

If it be caused by the distillation from the brain, take syrup of betony, stachas and marjoram, purge with pilloch; make napalia, of the juice of sage, hyssop, betony, negella, with one drop of oil of cloves, and a little silk cotton. Take elect. dianth. aromat. rosar, diambre, diamosci

amofci dulcis, of each one dram ; nutmeg half a dram at night going to bed.

If the matter flowing forth be reddish, open a vein in the arm ; if not, apply ligatures to the arms and shoulders ; some have cured this distemper by rubbing the upper parts with crude honey ; and so Galen says he cured the wife of Boetius.

If it proceeds from crudities in the stomach, or from a cold distempered liver, take every morning of the decoction of lignum sanctum ; purge with pill. de agarico, de hermodact, de hiera diacolocynthid. foetida. agragrativæ. Take of elect. aromat. ros. two drams, citron peels dried, nutmeg, long pepper, of each one scruple ; diagalinga one dram, santali alba, lign aloes, of each half a scruple ; sugar six ounces ; with mint water make lozenges of it, and then take it after meals.

If with frigidity of the liver be joined a repression of the stomach, purging by vomiting is commendable ; for which take three drams of the electuary of diarum. Some physicians also allow of the diuretical means, as of opium, petroselinum, &c.

If the matter of the disease be melancholious, prepare with syrup of maiden-hair, epithimum, polipody, burrage, bugloss, fumetory, hart's-tongue, and syrup bysantinum, which must be made without vinegar, otherwise it will rather animate the disease, than strengthen nature ; for melancholy is increased by the use of vinegar ; and, by Hippocrates, Silviu, and Aventinus, it is disallowed of as an enemy to the womb, and therefore not to be used in uterine diseases.

Purges of melancholy are, Pilulæ eumartæ, pilulæ Indiæ, pilulæ de lap. Lazuli diosena, and confectio hamegh. Take stampt prunes two ounces, senna one dram, epithimum, polypody, fumetory, of each a dram and a half ; four dates, one ounce, with endive water make a decoction ; take of it four ounces ; add unto it confectio hamech three drams, manna three drams. Or, pilulæ indatum, phil. sætidaruni, agarici trochiscati, of each one scruple, lapidus lazuli, five grains, with syrup of epithimum make pills, and take one every week.

If the matter of the flux be cholerick, prepare with syrup of endive, violets, succory, roses, and purge with mirabolans, manna, rhubarb, cassia; take of rhubarb two drams, anniseed one dram, cinnamon a scruple and a half; infuse them in six ounces of prune broth; add to the straining of manna an ounce, and take it according to art. Take spicierum diatrionfontalon, diaträgacant. frig. diarrhod. Abbatis diaconit, of each a dram, sugar four ounces, with plantain-water make lozenges.

Lastly, let the womb be cleansed from the corrupt matter, and then corroborated: and for the cleansing thereof, make injections of the decoction of betony, featherfew, mugwort, spikenard, bistort, mercury, sage, adding thereto sugar, oil of sweet almonds, of each two ounces; then to corroborate the womb, prepare trochisks in this manner: Take of myrrh, featherfew, mugwort, nutmegs, mace, amber, lign aloes, storax, red roses, of each an ounce, with mucilage of tragacanth make trochisks; cast them on the coals, and smother the womb therewith: Fomentations may be also made for the womb of red wine, in which has been decocted mastich, fine bole, balustia, red roses. Drying diet is best, because this distemper usually abounds with phlegmatic and crude humours. Immoderate sleep is hurtful, but moderate exercise will do well.

Thus I have gone through the principal diseases peculiar to the female sex; and prescribed for each of them such remedies, as, with the divine blessing, will cure their distempers, confirm their health, and remove all those obstructions, which might otherwise prevent their bearing children: And I have brought it into so narrow a compass, that it might be of the more general use, being willing to put it into every one's power, that has occasion for it, to purchase this rich treasure at an easy rate.

T H E - E N D.

A R I S T O T L E ' s
B O O K O F
P R O B L E M S,

W I T H O T H E R
A S T R O N O M E R S, | P H Y S I C I A N S,
A S T R O L O G E R S, | P H I L O S O P H E R S:

Wherein are contained divers

Q U E S T I O N S A N D A N S W E R S,
T O U C H I N G T H E
S T A T E O F M A N ' s B O D Y.

T O G E T H E R W I T H

The Reason of divers Wonders in the Creation: The
Generation of Birds, Beasts, Fishes, and Insects;
and many other Problems on the most weighty
Matters, by way of Question and Answer.

T H E F O R T Y - T H I R D E D I T I O N .

L O N D O N :

P R I N T E D f o r t h e C O M P A N Y o f S T A T I O N E R S .

M D C C L X X X I V .

TO THE
R E A D E R.

READER,

THESE PROBLEMS having been printed very often, and finding so general an acceptance, divers books have been hoisted into the world under the name of *Aristotle*, so that many people have bought them, thinking they had the right sort, by which the public has been injured, as well as the proprietors.

The matter it contains is necessary for all people to know; and as a man is said to be a microcosm (or little world) and in him the Almighty has imprinted his own image so lively, that no power whatsoever is able to blot it out; so this image and similitude is the soul and understanding. And notwithstanding all the perfections which man hath in himself, few or none take delight in the study of himself, or is careful to know the substance, state, condition, quality, or use of the several parts of his own body, although he be the honour of nature, and more to be admired than the strangest and rarest wonder that ever happened. I have therefore published this little book wrote by *Aristotle*, and the deepest philosophers, who teach the use of all parts of the body, their nature, quality, property, and substance, and question not but it will afford both innocent, necessary, and useful knowledge, and prove profitable to both sexes.

ARISTOTLE'S PROBLEMS.

AMONG all living creatures, why hath man only his countenance lifted up towards heaven?

Unto this question there are divers answers.

1st, It proceeds from the will of the Creator. And although the answer be true, yet it seemeth not to be of force, because that so all questions might easily be resolved.

2dly, I answer, that, for the most part, every workman doth make his first work worse, and then his second better; so God creating all beasts before man, gave them their face looking down to the earth; and then, he created man, as it doth appear in Genesis, unto whom he gave an upright shape, lifted unto heaven, because it is drawn from divinity; but this derogates from the goodness of God, who maketh all his works perfect and good.

3dly, It is answered, that man only, among all living creatures, is ordained to the kingdom of heaven, and therefore hath his face elevated and lifted up to heaven, because, that despising worldly and earthly things, he ought to contemplate on heavenly things.

4thly, That the reasonable soul is like unto angels, and finally ordained to enjoy God, as appears by Averrois *de anima*, and therefore he hath a figure looking upwards.

5thly, That man is a microcosm, that is a little world, as Aristotle saith, and therefore he doth command all other living creatures, and they obey him.

6thly, It is answered, that naturally there is given unto every thing, and every work, that form and figure which is fit and proper for its motion; as unto the heaven roundness, to the fire a pyramidical form, that is, broad beneath, and sharp towards the top; which form is most apt to ascend; and so man has his face up to heaven, to behold the wonders of God's works.

Why is the head of beasts hairy?

The answer, according to the opinion of Const. is, that the hairs are the ornament of the head and of the brain, and the brain is purged and evacuated of gross humours by the growing of the hair, from the highest unto

the lowest parts, which pass through the pores of the exterior flesh, and do become dry, and are converted into hairs. This appears to be true, because that in all the body of man there is nothing drier than the hairs; for they are drier than the bones, as Albertus Magus doth affirm, because that some beasts are nourished with bones, but no beast can digest feathers or hair, but do void them undigested; they being too hot for nutriment.

2dly, It is answered, that the brain is purged four manner of ways; of superfluous watery humours by the eyes, from melancholy by the ears, of choler by the nose, and of flegm by the hair, and that is the intent of the physician.

Why have men longer hair on their heads than other living creatures?

Arist. *de generat. anim.* says, Men have the moiftest brain of all living creatures, from which the seed proceedeth, which is converted into the long hair of the head.

2dly, It is answered, That the humours of man are fat, and do not become easily dry, and therefore the hair groweth longer in man than in beasts, whose humours easily dry.

Why doth the hair take deeper root in man's skin than in other living creatures?

Because they have greater store of nourishment in man, and therefore grow more into the inward parts of man. And this is also the reason why in other creatures the hair doth alter and change with the skin, and not in man, unless it be sometimes a scar or wound.

Why have women longer hair than men?

1st, Because women are moister than men, and flegmatic, and therefore there is more matter of hair in them. And furthermore, this matter is more increased in women than in men, from their interior parts, and especially in the time of their monthly terms, because the matter doth then ascend, whereby the humour which breedeth the hair doth increase. And Albertus says, that if the hair of a woman, in the time of her flowers, be put into dung, a venomous serpent is engendered of it.

2dly, Because women want beards, and so the matter of the beard doth go into the matter of the hair.

Why have some men soft hair and some hard?

We

We answer, with Aristotle, that the hair hath proportion with the skin, of which some is hard, some thick and gross, some subtle and soft; therefore the hair which groweth out of a thick and gross skin, is thick and gross, and that which groweth out of a subtle and soft skin, is fine and soft: When the pores are open, much humour cometh forth, which engenders hard hair; but when the pores are strait, then there groweth soft and fine hair. Aristotle shews, that women have softer hair than men, because their pores are more shut and strait, by reason of their coldness.

2dly, Because that, for the most part, cholerick men have harder and thicker hair than others, by reason of their heat, and their pores being for ever open, and therefore they have beards sooner than others. Aristotle giveth example in the bear and boar, which have hard hair, proceeding of heat and choler, which makes them bold; and contrariwise, those beasts that have soft hair, as the hart and hare, are fearful, because they be cold. Another reason of the softness and hardness of the hair, is drawn from the climate where a man is born; because that in hot regions hard and gross hair is engendered, as in the Ethiopians; and the contrary is true in cold countries.

Why have some men curled hair, and some smooth?

The answer is, That the cause of the curling of the hair is great abundance of heat in a man, then the hair doth curl and grow upward. And a sign of this is, that sometimes a man doth enter into a bath smooth-haired, and afterwards becometh curled; and therefore the keepers of baths have often curled hair, as also the Ethiopians and cholerick men: But the cause of the smoothness is the abundance of moist humours which tend downwards; and a proof of this is, they have much humidity in them and small heat.

Why do women shew their ripeness by their hair in their privy parts, and not elsewhere, but men in their breasts?

We answer, because there are abundance of humidity in that place, but more in women than in men. Men have the mouth of the bladder in that place where the urine is contained, of which the hair in the breasts, and about the
navel,

navel, is engendered: but in women the humidity of the bladder, and of the womb, is joined, and meeteth in that low secret place, and is dissolved and separated in that place through much vapours and fumes, which are the cause of hair. And the like doth happen in other places, where hair is, as under the arms.

Why have not women beards?

Because they want heat, as appeareth in some effeminate men, who are beardless for the same cause, because they are of the complexion of a woman.

Why doth the hair grow in them that are hanged?

Because their bodies are exposed to the sun, which through its heat dissolves all the moisture into a fume or vapour, of which the hair doth grow.

Why is the hair of the beard thicker and grosser than elsewhere, and the more men are shaven, the harder and thicker it groweth?

Because, according to the rule of the physician, by how much more the humour or vapour of any liquor is dissolved and taken away, by so much the more the humour remaining doth draw the same; and therefore, by how much the more the hair is shaven, so much the humours gather thicker; and of them hair is engendered, and doth there also wax hard.

Why are women more smooth and fair than men?

The answer, according to Aristotle, is, that in women all humidity and superfluity, is expelled with their monthly terms; which superfluity remaineth in men, and thro' vapours do pass into the hair. And a sign of this is, that in women who have a running at the nose, imposthume or ulcer, no such matter is expelled. And some women begin to have beards in their old age, after forty or fifty years of age, when their flowers are ceased.

Why doth man only, above all other creatures, wax hoary and grey, as Pythagoras and Aristotle affirm?

The answer, according unto the philosophers, is, because man hath the hottest heart of all living creatures: and therefore nature, lest a man should be suffocated thro' the heat of his heart, hath placed the heart, which is most hot, under the brain, which is most cold; to the end that the heat of the heart may be tempered with the coldness
of

of the brain, and the coldness of the brain may be heated with the heat of the heart, and thereby there might be a temperature in both. A sign to prove this is, because of all living creatures man hath the worst breath, if he comes to his full age. Furthermore, man doth consume half his time in sleeping, which doth proceed from the great access of the coldness and moisture of the brain, and by that means doth want natural heat to digest and consume that moistness; which heat he hath sufficiently in his youth, and therefore in that age is not grey, but in his old age, when heat faileth; and therefore the vapours ascending from the stomach remain undigested and unconsumed for want of natural heat, and then putrifies, of which putrification of humours the whiteness doth follow, which is called greyness or hoariness. Whereby it doth appear, that hoariness is nothing else but a whiteness of the hair, caused by putrification of humours about the roots of the hair, through the natural want of heat in old age. Sometimes also greyness is caused by the naughtiness of the complexion, which may well happen in youth, and sometimes by reason of the moisture undigested, and sometimes through over-great fear and care, as it appeareth in merchants, sailors, thieves: from whence cometh this verse;

Cura facit cani, quamvis homo non habet annos.

Why doth red hair grow white sooner than other?

According to the opinion of Aristotle, because redness is an infirmity of the hair, for it is ingendered of a weak and infirm matter, that is to say, of matter corrupted with the flowers of the woman, and therefore they wax white sooner than black hair.

Why do wolves grow grisly?

The better to understand this question, note the difference between greyness and grisling; because that greyness is caused through the defect of natural heat, but grisliness through devouring and eating, as Aristotle witnesseth, lib 7. *de animal*. The wolf being a devouring beast, and an eater, he letteth it down gluttonously without chewing, and that at once enough for three days, by which meat gross vapours are ingendered in the wolf's body, and by

con-

consequence grissiness. Secondly, greyness and grissiness do differ, because greyness is only in the head, and grissiness over all the body.

Why do horses grow grissy and grey?

According to Aristotle, because they are for the most part in the sun: and in his opinion also, heat doth accidentally cause putrifaction; and therefore that kind of heat doth putrify the matter of hair, and by consequence they are quickly pilled.

Why do men become bald, and trees fall their leaves in the winter?

Aristotle doth give the same reason for both; because that the want of moisture in both is the cause of the want of the hair and of the leaves; and this is proved because that a man becometh bald through venery, for that is letting forth of natural humidity and heat. And so by that excess in carnal pleasure, moisture is consumed, which is the nutriment of the hair, and therefore baldness doth ensue. And this is evidently proved in eunuchs and women who do not grow bald, because they do not depart from their moistness; and therefore eunuchs are of the complexion of women. But if you ask why eunuchs be not bald, nor have the gout, as Hippocrates saith, the answer is, according to Galen, because the cause of baldness is dryness, the which is not in eunuchs, because they want their stones, the which do minister heat unto all the parts of the body, and the heat doth open the pores, which being open, the hair doth fall.

Why are not women bald?

Because they are cold and moist, which are the causes that the hair remaineth; for moistness doth give nutriment to the hair, and coldness doth bind the pores.

Why are bald men deceitful, according to the verse,

Si non vis falli, fugis consortia calvi?

Because baldness doth witness a cholerick complexion, which is hot and dry; and cholerick men are naturally deceitful, according to the verse.

Hirsutus, fallax, irascens, prodigus, audax.

And therefore it followeth, *a primo ad ultimum*, that bald men are deceitful and crafty.

Why

Why are not blind men naturally bald?

Because that according to Aristotle the eye hath most moisture in it, and that moisture which should pass thro' by the substance of the eyes, doth become a sufficient nutriment of the hair, and therefore they are seldom bald.

Why doth hair stand on end when men are afraid?

Because in the time of fear the heat doth go from the outward part of the body unto the inward, to the intent to help the heart, and so the pores in which the hairs are fastened, is shut up; after which stopping and shutting up of the pores, the standing up of the hair doth follow, as it is seen in beasts, as dogs, wild boars, and peacocks.

Of the HEAD.

WHY is a man's head round?

Because this is most fit to receive any thing into it, as Aristotle doth affirm, *Lib. de Cael.* and the head doth contain in it five senses. This is also seen in a material sphere.

Why is the head round?

Aristotle saith because it doth contain in it the moistest parts of the living creatures, and also, because the brain may be defended thereby as with a shield.

Why is the head absolutely long, but somewhat round?

To the end the three creeks and cells of the brain might the better be distinguished; that is, the fancy in the forehead, the discoursing or reasonable part in the middle, and memory in the hindermost part.

Why doth a man lift up his head towards the heavens when he doth imagine?

Because the imagination is in the forepart of the head or brain, and therefore it lifteth up itself, that the creeks or cells of the imagination may be opened, and that the spirits which help the imagination, and are fit for that purpose, having their concourse thither, may help the imagination.

Why doth a man when he museth, or thinketh on things past, look down towards the earth?

Because the cell or creek which is behind, is the creek or chamber of memory, and therefore that looketh towards heaven when the head is bowed down; and so that

that cell is open, to the end that the spirits which perfect the memory should enter in.

Why is not the head fleshy, like unto the other parts of the body?

Because that, according to Aristotle, the head would be too heavy, and would not stand stedfastly; and therefore it is without flesh. Also a head loaded with flesh doth betoken an evil complexion.

Why is the head subject to aches and griefs?

According unto Constant. by reason evil humours which proceed from the stomach ascend up to the head and disturb the brain, and so cause the pain in the head. And sometimes it proceeds from overmuch filling the stomach, because, according unto the opinion of Galen, two great sinews pass from the brain to the mouth of the stomach, and therefore these two parts do suffer grief always together. Sometimes the ach doth proceed of drinking strong wine, of fuming meats, as garlick or onions, and sometimes of phlegm in the stomach, whereof spring quotidian fevers.

Why have women the head-ach more than men?

Albertus saith, it is by reason of their monthly terms, which men are not troubled with, and so a moist, unclean and venemous fume is dissolved, the which seeking passage upward, doth cause the head-ach.

Why is the brain white?

There are two answers; the first, because it is cold, and coldness is the mother of white; the philosophers do teach the second, because it may receive the similitude and likeness of all colours, which the white colour can best do, because it is most simple.

Why are all the senses in the head?

Because as Albertus saith, the brain is there, on which all the senses do depend, and are directed by it, and by consequence it maketh all the spirits to feel, and by it all the membranes are governed.

Why cannot a man escape death if the brain or heart be hurt?

Because the heart and brain are two of the most principal parts which concern life; and therefore if they be hurt there is no remedy left for cure.

Why

Why is the brain moist?

Because it may easily receive an impression, which moisture can best do, as it appeareth in wax, which doth easily receive the print of the seal when it is soft.

Why is the brain cold?

This is answered two ways; first, because that by this coldness it may clear the understanding of a man, and make it subtile. Secondly, that by the coldness of the brain the heat of the heart may be tempered.

Of the EYES.

WHY have you but one nose and two eyes?

Because our light is more necessary for us than the smelling. And therefore it doth proceed from the goodness of nature, that if we receive any hurt or loss of one eye, that yet the other should remain: unto which the spirit with which we see, called Spiritus Visus, is directed when the other is out.

Why have children in their youth great eyes, and why do they become smaller and lesser in their age?

According to Aristotle *de generat.* it proceedeth from the want of fire, and from the assembling and meeting together of light and humour; the eyes are lightened by reason of the sun, which doth lighten the easy humour of the eye, and purge it, and in the absence of the sun those humours become dark and black, and therefore the sight is not so good.

Why does the bluish grey eye see badly in the day-time and well in the night?

Because, saith Aristotle, greynefs is light and shining of itself, and the spirits with which we see are weakened in the day-time, and strengthened in the night.

Why be men's eyes of divers colours?

This proceedeth, saith Aristotle, by reason of the diversity of the humours; the eye therefore hath four coverings and three humours; the first covering is called consolidative, which is the uttermost, and strong and fat. The second is an horny skin and covering to the likeness of an horn, and that is a clear covering. The third is called Uvea, of the likeness of a black grape. The fourth is called a cobweb. But according to the opinion of some,

the eye doth consist of seven coverings or skins, and three humours. The first humour is called abungines for the likeness unto the white of an egg. The second glarial, that is clear like unto ice or cristalline. The third vitreous, that is clear as glass. And the diversity of humour causeth the diversity of the eyes.

Why are men who have but one eye good archers? and why do good archers commonly shut one eye? and why do such as behold the stars look through a trunk with one eye?

This matter is handled in the perspective arts, and the reason is, as it doth appear in the book of Causes, because that every virtue and strength united knit together, is stronger than itself dispersed and scattered. Therefore all the force of seeing dispersed in two eyes, the one being shut, is gathered into the other, and so the light is fortified in him, and by consequence he doth see better and more certainly with one eye being shut, than both being open.

Why do such as drink much, and laugh much, shed much tears?

Because that whilst they drink and laugh without measure, the air which is drawn in doth not pass out through the windpipe, and so with force is directed and sent to the eyes, and by their pores passing out doth expel the humours of the eyes, the which humour being so expelled do bring tears.

Why do such as weep much, urine but little?

Because (saith Aristotle) the radical humidity of a tear and of urine are of one and the same nature; and therefore where weeping doth increase urine doth diminish; and that they be of one nature, is plain to the taste, because they are both salt.

Why do some that have clear eyes see nothing at all?

By reason of the opilation and naughtiness of the sinews with which we see; for the temples being destroyed, the strength of the light cannot be carried from the brain to the eye, as philosophers teach, *lib. de Jen. & sentio.*

Why is the eye clear and smooth like unto a glass?

Because the things which may be seen, are better beaten back from a smooth thing than otherwise.

Secondly, I answer, it is because the eye is very moist
above

above all parts of the body, and of a waterish nature; and as the water is clear and smooth, so likewise is the eye.

Why do men who have their eyes deep in their head see well afar off, and the like in beasts?

Because, saith Aristotle, (2d. de Gener. Animal.) the force and power by which we see is dispersed in them, and doth go directly to the thing which is seen. And this is proved by a similitude, because that when a man doth stand in a deep ditch or well, he doth see in the day time, standing in those places, the stars of the firmament; as Aristotle doth teach in his treatise *De Forma Specula*; because that then the power of the sight, and of the beams are not scattered.

Wherefore do those men who have their eyes far out, and not deep in their head, see but meanly, and not far distant?

Because, saith Aristotle, the beams of the sight which pass from the eye are scattered on every side, and go directly unto the thing that is seen, and therefore the sight is weakened.

Why are many beasts born blind, as lions whelps and dogs whelps?

Because such beasts are not yet of perfect ripeness and maturity, and the course of nutriment doth not work in them. And this is proved by a similitude of the swallow, whose eyes, if they were taken out when they are little ones in the nest, would grow again; and this is plain in many other beasts, which are brought forth before their time, as it were dead, as bears whelps. And this reason doth belong rather to the perspective than the natural philosopher.

Why do the eyes of a woman that hath her flowers stain a new glass, as Aristotle saith. de somno et Virgil, and this is the like problem, Why doth a basilisk kill a man with his eyes?

To the first I answer, that when the flowers do run from a woman, then a most venomous air is dissolved in them, which doth ascend unto the woman's head; and she having grief of her head, doth cover it with many veils and kerchiefs; and because the eyes are full of small insensible holes, which are called pores, there the air

seeketh a passage, and so doth infect the eyes, which are full of blood. And their eyes do appear also drooping and full of tears; by reason of the evil vapours that is in them, and those vapours are incorporated and multiplied, until they come unto the glass before them; and by reason that such a glass is sound, clear and smooth, it doth easily receive that which is unclean.

To the second it is answered, that the basilisk is a very venomous and infected beast, and that there pass from his eyes venomous vapours, which are multiplied upon the thing which is seen by him, and even unto the eye of man; the which venomous vapours or humours entering into the body do infect him, and so in the end the man dieth. And this is also the reason why the basilisk looking upon a shield perfectly well made with fast clammy pitch, or any hard smooth thing, doth kill himself, because the humours are beaten back from the smooth hard thing unto the basilisk, by which beating back he is killed. And the like is said of a woman when she hath her monthly disease, whereof it followeth, that some old women do hurt themselves when they look upon glasses, or other firm and solid things, in the time of their terms.

Why is not sparkling cats eyes and wolves eyes seen in the light and not in the dark?

Because that the greater light doth darken the lesser, and therefore in a greater light the sparkling cannot be seen, but the greater the darkness, the easier it is seen, and is made more strong and shining, because it is not then hindered by a greater external light, which might darken it.

Why doth a man beholding himself in a glass presently forget his own disposition?

Answer is made in Lib. de forma speculi, that the image seen by the glass doth represent it weakly and indirectly, to the power of the sight; and because it is represented weakly, it is also weakly apprehended, and by consequence is not long retained.

Why is the sight recreated and refreshed by a green colour as this verse sheweth?

Fens, speculum gramen oculis sunt alleviaemen.

Because

Because the green colour doth meanly move the instrument of sight, and therefore doth comfort the sight; but this doth not black nor white colours, because the colours do vehemently stir and alter the organ and instrument of the light, and therefore make the greater violence, but by how much more violent the thing is which is felt or seen, the more it doth destroy and weaken the sense, as Aristotle doth teach, *Lib. 2. de animal.*

OF the NOSE.

WHY doth the nose stand out farther than other parts of the body?

There are two answers; the first, because the nose is as it were the sink of the brain, by which the phlegm of the brain is purged, and therefore it doth stand forth, lest the other parts should be defiled: the second (according to Constant.) is, because the nose is the beauty of the face, and therefore it doth shew itself, and shine. It doth smell also, and adorn the face, as Boetius saith, *de discip. school.*

Why hath man the worst smell of all living creatures, as it doth appear, Lib. de Animal.?

Because the man (as the commentator saith) in respect of his quantity hath the most brain of all creatures; and therefore by that exceeding coldness and moistness the brain wanteth a good disposition, and by consequence the smelling instrument is not good, as Aristotle and Themistocles do teach; yea, some men there be which do not smell at all.

Why do the vulture or cormorant smell very well, as the commentator doth say?

Because they have a very dry brain, and therefore the air carrying the smell, is not hindered by the humidity of the brain, but doth presently touch its instrument; and therefore he saith, that the vultures, tygers, and other beasts, came five hundred miles to the dead bodies after a battle in Greece.

Why did nature make nostrils?

For three commodities. First, because that the mouth being shut, we draw breath in by the nostrils to refresh the heart with. The second commodity is, because that

the air which proceedeth from the mouth doth favour badly, because of the vapours which rise from the stomach, but that which we breath from the nose is not noisome. The third is, because the phlegm which doth proceed from the brain is purged by them.

Why do men sneeze?

Because that the expulsive virtue of power and the sight should thereby be purged, and the brain also from superfluities, because that as the lungs are purged by coughing, so is the sight and brain by sneezing; and those who sneeze often are said to have a strong brain; and therefore the physicians give sneezing medicaments to purge the brain, and such sick persons as cannot sneeze die quickly, because it is a sign their brain is wholly stuffed with evil humours, which cannot be purged.

Why do such as are apoplectic not sneeze: that is, such as are subject to bleed?

Because the passages or ventricles of the brain are stopped in them; and if they could sneeze, their apoplexy would be loosed.

Why doth the heat of the sun provoke sneezing, and not the heat of the fire?

Because the heat of the sun doth dissolve and not consume; and therefore the vapour dissolved is expelled by sneezing; but the heat of the fire doth dissolve and consume, and therefore rather doth hinder sneezing than provoke.

Of the EARS.

WHY do beasts move their ears, and not men?

Because there is a certain muscle near unto the jaw which doth cause motion in the ear; and therefore that muscle being extended and stretched, men do not move their ears, as it hath been seen in divers men, but all beasts do use that muscle or fleshy sinew, and therefore do move their ears.

Why is rain prognosticated by the pricking up of asses ears?

Because the ass is a very melancholy beast, and it proceedeth from melancholy that he doth foresee rain to come. In the time of rain all beasts do prick up their ears, and therefore the ass perceiving that it will rain, doth prick up his ears before it come.

Why

Why have some beasts no ears ?

Aristotle doth answer and say, that nature doth give unto every thing that which is fit for it ; but if she should have given birds ears, their flying would have been hindered by them ; likewise fish do want ears, because they would hinder their swimming, and have only certain little holes through which they hear, as Aristotle declares by the sea-calf.

Why have bats ears, seeing they seem to be birds ?

Because they are partly birds in nature, in that they do fly, by reason whereof they have wings ; and partly they are hairy, because they are mice, therefore nature, as being wise, gave them ears.

Why have men only round ears ?

Because the shape of the whole and of the parts should be proportionable, and especially in all things of one nature ; for as a drop of water is round, so the whole water, John de sacro Bosco doth prove ; and so because a man's head is round, the ears incline towards the same figure ; but the heads of beasts are somewhat long, and so the ears are drawn into length also.

Why did nature give living creatures ears.

For two causes : 1. Because with them they should hear
2. Because that by the ear cholerick superfluity is purged ; for as the head is purged of phlegmatick superfluity by the nose, so from cholerick by the ears.

Of the Mouth.

Why hath the mouth lips to compass it ?

According to Const. because the lips do cover and defend the teeth, it were unseemly that the teeth should always be seen. Another answer is, that the teeth are of a cold nature, and would therefore be soon hurt if they were not covered with lips. Another moral reason is, because a man should not be too hasty of speech.

Why hath a man two eyes, two ears, and but one mouth ?

Because a man should speak but little, and hear and see much. And withal, Aristotle doth say, that the hearing and the sight doth shew us the difference of many things ; and Seneca doth agree unto this, affirming that nature environed

environed the tongue with a double cloister, and teeth, and lips, and has made the ears open and wide, and has given us but one mouth to speak but little, though we hear much.

Why hath a man a mouth?

For many commodities: 1. Because the mouth is the gate and door of the stomach. 2. Because the meat is chewed in the mouth, and prepared and made ready for the first digestion, although Avicen doth hold that digestion is made in the mouth. 3. Because that the air drawn into the hollow of the mouth for the refreshing of the heart is made more pure and subtle. And for many other causes which hereafter shall appear.

Why are the lips moveable?

Because of forming the voice and words, which cannot be perfectly done without them. For as without *a, b, c*, there is no writing; so without the lips no voice can be well formed.

Why do men gape?

The gloss upon the last part of Hippocrates's Aphorisms saith, that it proceeds of wearisomeness, as when a man sitteth among such as he doth not know, whose company he would willingly be rid of. Besides, gaping is caused of the thick fume and vapours which fill the jaws, by the expulsion of which is caused the stretching out and expulsion of the jaws, and opening of the mouth, which is called gaping.

Why doth a man gape when he seeth another gape?

This proceedeth of imagination. And this is proved by a similitude, for an ass is an animal void of sense, by reason of his melancholy, because he doth retain his superfluity a long time, and would neither eat nor piss, unless he should hear another piss; and so a man gapes through imagination when another man doth gape.

Of the TEETH.

WHY have they only, amongst all other bones, the sense of feeling?

Because as Avicen, and Galen say, they discern heat and cold which hurt them, which other bones need not.

Why have men more teeth than women?

By

By reason of the abundance of heat and blood, which is more in men than in women.

Why do the teeth grow to the end of our life, and not the other bones?

Because otherwise they would be consumed with chewing and grinding.

Why do the teeth only come again when they fall, or be taken out, and other bones taken away grow no more?

Because that, according to Aristotle, all other bones are engendered of the humidity which is called radical, and so they breed in the womb of the mother, but the teeth are engendered of nutritive humidity, which is renewed and increased from day to day.

Why are the fore-teeth sharp, and the cheek-teeth broad?

This proceedeth of the defect of matter, and of the figure, because the fore-teeth are sharp, and the others broad. But, according to Aristotle, there is another answer; that is, that it is the office of the fore-teeth to cut the meat, and therefore they are sharp; and the office of the other to chew the meat, and therefore they are broad in fashion, which is fit for that purpose.

Why do the fore teeth grow soonest?

Because we want them sooner in cutting than the other in chewing.

Why do teeth of human creatures grow black in old age?

This proceedeth of the corruption of meat, and the corruption of phlegm, with a naughty cholerick humour.

Why are colts teeth yellow, and of the colour of saffron when they are young, and grow white when they be old?

Aristotle saith, that a horse hath abundance of watery humours in him, which in his youth are digested and converted into grossness; but in old age heat is diminished, and the watery humours remain, whose proper colour is white.

Why did nature give living creatures teeth?

Aristotle saith (*Lib. de generat. Animal.*) to some to fight with, and for defence of their lives, as unto wolves and bats; unto some to eat with, as unto horses; unto some for the forming of their voice, as unto men, as it appeareth by the commentary in the book *de Animal.*

Why

Why do horned beasts want their upper cheek teeth?

According to Aristotle in his book *de Animal.* horns and teeth are caused of the self-same matter, that is, of nutrimental humidity, and therefore the matter which passeth into horns turneth not into teeth, consequently they want the upper teeth. And such beasts, according to Aristotle cannot chew well; whereupon for want of teeth they have two stomachs by consequence, and so to chew their meat twice: and they do first convey their meat into the stomach or belly, and then return it from whence it came, and chew it.

Why are some creatures brought forth with teeth, as kids and lambs, and some without, as men?

Nature doth not want in things necessary, nor abound in things superfluous; and therefore, because these beasts not long after they be fallen, do need teeth; but men are nourished with their mother's dugs for a time, and therefore, for a time do not want teeth.

Why have not birds teeth?

Because the matter of teeth passeth into their beak, and therefore there is their digestion: or else it is answered, that although they do not chew with teeth, yet their head in digestion doth supply the want of teeth.

Of the TONGUE.

WHY is the tongue full of pores?

According to Aristotle *de Animal.* because the tongue is the means whereby we taste; and through the mouth, in the pores of the tongue, the taste doth come into the sense of tasting. Otherwise it is answered, that frothy spittle is sent into the mouth by the tongue from the lungs, moistening the meat, and making it ready for the first digestion; and therefore the tongue is full of pores, because many have passage through it.

Why doth the tongue of such as are sick of agues judge all things bitter?

Because the stomach of such persons is filled with cholerick humours, and choler is very bitter, as it appeareth by the gall, and therefore this bitter fume doth infect their tongue, and so the tongue being full of these tastes, doth judge them bitter, although the fault be not in the meat.

Why

Why doth the tongue water when we hear sour and sharp things named?

Because the imaginative virtue or power is of greater force than the power and faculty of tasting; and when we imagine a taste, we conceive it by the power of tasting as by a mean, because there is nothing felt by the taste, but by means of that spittle the tongue doth water.

Why do some stammer and lisp?

This happeneth from many causes, sometimes through the moistness of the tongue and brain, as in children, which cannot speak plainly, nor pronounce many letters. Sometimes it happeneth by reason of the shrinking of certain sinews, which are corrupted with flegm; for such sinews there be which go to the tongue.

Why are the tongues of serpents and mad dogs venomous?

Because of the malignity and tumosity of the venomous humour which doth predominate in them.

Why is a dog's tongue fit and apt for medicine, and contrariwise an horse's tongue pestiferous?

'Tis by reason of some secret property, or else it may be said the tongue of a dog is full of pores, and so doth draw and take away the viscosity of the wound. Some say that a dog hath by nature some humour in his tongue, with the which by licking he doth heal; the contrary is in a horse.

Why is a spittle white?

By reason of the continual moving of the tongue whereof heat is engendered, which makes this superfluity white, as is seen in the froth of water.

Why is spittle unsavoury and without taste?

If it had a certain determinate taste, then the tongue would not taste at all, but should only have the taste of spittle, and so could not receive other tastes.

Why doth the spittle of one that is fasting heal an imposthume?

Because, according to Avicen, it is well digested, and made subtile.

Why do some abound in spittle more than others?

This proceedeth of a phlegmatic complexion, which doth predominate in them, and therefore the physicians say, that such should take care of a quotidian ague, which
arise

ariseth from the predominacy of phlegm; the contrary is in those that spit little, because heat abounds in them, which consumes the humidity of the spittle; and so the defect of spittle is a sign of a fever.

Why is the spittle of a man that is fasting more subtil than one who is full?

Because that the spittle is without the viscosity of meat, which is wont to make the spittle of one who is full, gross and thick.

From whence proceedeth the spittle of man?

From the froth of the lungs, which, according to the physicians, are the seat of phlegm.

Why are such beasts as often go together for generation very full of foam and froth?

Because that then the lights and the heart are in a great motion of lust, therefore there is engendered in them much frothy matter.

Why have not birds spittle?

Because they have very dry lungs, according to Aristotle in his fifth book *de Animal*.

Why do such as are called Epileptic, that is, such as are overwhelmed, and as it were drowned in their own blood, and are diseased, savour badly and corruptly?

The answer, according to the physicians, is, because the peccant matter lieth in the head; but if he do vomit, then the matter is in the stomach; but if he piss much, then the matter is in the passage of the urine; but if he begin to have seed, then it is in the vessels of the seed, and according to the physicians do purge them.

Why doth the tongue lose sometimes the use of speaking?

The answer is out of Hippocr. That this doth happen through a palsy or apoplexy, that is a sudden effusion of blood, and of a gross humour, and sometimes also by infection of *spiritus animalis* in the middle cell of the brain, which hinders the spirits from being carried to the tongue; and so is Galen's meaning, for by the expression of the tongue many actions of divers passions are made manifest.

Of the Roof of the Mouth.

WHY are the fruits, before they be ripe, of a naughty relish, or bitter, and after sweet?

A naughty relish in taste proceedeth of coldness, and want of heat in gross and thick humidity; but a sweet taste proceedeth of sufficient heat, and therefore in the ripe fruit the humidity is subtile through the heat of the sun, and such fruits are commonly sweet; but before they be ripe, and humidity is gross or subtile for want of heat, the fruit is bitter and sour.

Why are we better delighted with sweet tastes than with bitter, or any other?

Because nature is delighted with sweetness; the reason is, because a sweet thing is hot and moist; and though the heart doth dissolve and consume superfluous humidities, and by this humidity immundicity is washed away; but a sharp eager taste, by reason of the cold watch, predominates in it, doth bind over-much, and prick and offend the parts of the body in purging, and therefore we do not delight in that taste, because the physicians counsel us to eat nothing that is bitter in the summer, nor in a great heat; and the reason is, because bitterness doth breed heat, but we should eat bitter things in winter only; and therefore Aristotle doth say, that sweet things are grateful unto nature, and do greatly nourish.

Why doth a sharp taste, as of vinegar, provoke appetite, rather than any other?

Because it is cold, and doth cool. Now it is the nature of cold to desire and draw, and therefore is cause of appetite. Mark, that there are nine kinds of tastes; three of which proceed from heat, three from cold, and three from a temperate mean.

Why do we draw in more air than we breathe out?

Aristotle and Albertus in his book *De Motu Cordis*, do answer, that much air is drawn in, and is converted into nutriment, which, together with the vital spirits, is contained in the lungs. Wherefore a beast is not suffocated so long as he receives air with the lungs, in which some part of the air remaineth also.

Why doth the air seem to be expelled and put forth, see-

ing that indeed the air is invisible, by reason of its variety and thinness?

Because the air which is received in us is mingled with vapours and fumosity of the heart, by reason whereof it is made thick, and so is seen. And this is proved by experience, because that in winter we see our breath, for the coldness of air doth bind the breath mixed with fumosities, and so it is thickened and made gross, and by consequence is seen.

Why have some men stinking breath?

The reason is, according to the physicians, because there rise evil fumes from the stomach; and sometimes it doth proceed from the corruption of the airy parts of the body, as of the lungs. And the breath of lepers is so infected, that it doth poison the birds that are near them, because the inwards parts are very corrupt, as appears by *Const. de Sin.* Now the leprosy is a nourishment of all the parts of the body, together with a corrupting of them; and it doth begin in the blood, and exterior members of the body.

Why are lepers hoarse?

Because that in them the instruments vocal are corrupted, that is the lights.

Why do men become hoarse?

Because of the rheum descending from the brain filling the conduit of the lights; or sometimes through some imposthumes of the throat, or rheum gathering in the neck.

Why have females of all living creatures the shrillest voice, a crow only excepted, and a woman shriller than a man, and a smaller?

According to Aristotle, by reason of the composition of the veins the vocal arteries of voice is formed, as appears by a similitude, because a small pipe sounds shriller than a great. And also in women, because the passage where the voice is formed is made narrow and straight, by reason of cold, it being the nature of cold to bind; but in men the passage is open and wider through heat, because it is the property of heat to open and dissolve. It proceedeth in women through the moistness of the lungs and weakness of the heat. Young men and diseased have sharp

sharp and shrill voices for the same cause. And this is the natural cause why a man-child at his birth doth cry, *a, i*, which is a bigger sound, and the female *e*, which is a slender sound.

Why doth the voice change in men and women; in men at 14, in women at 12; in men when they begin to yield seed; in women when their breasts begin to grow?

Because then, saith Aristotle, the beginning of the voice is slackened and loosened; and he proves this by a similitude of a string of an instrument let down or loosed, which gives a great sound. He proves it another way, because creatures which are gelded, as eunuchs, capons, &c. have softer and slender voices than others, by reason they want stones.

Why is not a wolf hoarse when a man looks on him?

Because a man is not so cold as a wolf, nor of so malignant a quality.

Why doth a man which is slain bleed, when he is seen of him who killed him?

This proceedeth of divine cause, and not of a natural, because his blood calleth for vengeance against the murderer; but if there be any natural cause of it, 'tis this: the committer of this wicked fact calling it to mind, is very sorry for it, and repents him of it, is in anguish of mind, and in a great heat through the imagination he hath conceived, and by that means all his spirits do stir and boil, and repair in to the instruments of the sight of the eyes, unto the wounds which are made, which, if they be fresh, do presently fall a bleeding. Besides, this is done by the help of the air then breathed in, which, being drawn from the wound causeth it to bleed.

Why do small birds sing more and louder than great ones, as appears in the lark and nightingale?

Because the spirits of small birds are subtle and soft, and the organ conduit strait, as appeareth in a pipe, and therefore follow easily any note, and sing very soft.

Why doth the male sing more than the female, as appeareth in all living creatures?

It proceedeth from the desire of carnal copulation, because that then the spirits are moved throughout all the

body with the aforefaid appetites and defire. And, generally fpeaking, the females are colder than the males.

Why do bees, wasps, flies, locusts, and many other fuch like insects, make a noife, fceing they have no lungs, nor instruments of the voice?

According to Aristotle, there is in them a certain fmall fkin, which when the air doth ftrike, it caufeth the found.

Why do not fith make a found?

Because they have no lungs, but only gills, nor yet a heart; and therefore they need not the drawing in of the air, and by confequence they make no noife, because that a voice is a percuffion of the air which is drawn.

Of the Neck.

WHY hath a living creature a neck?

Because the neck is the fupporter of the head, and therefore the neck is the middle between the head and the body, to the intent that by it, and by its finews, as by certain means and ways, motion and fenfe of the body might be conveyed throughout all the body; and that by means of the neck, as it were by a diftance, the heart, which is very hot, might be feparated from the brain.

Why do fome beafts want necks, as ferpents and fithes?

Because fuch beafts want a heart, and therefore they want that diftance which we have fpooken of; or elfe we answer, they have a neck in fome inward part of them, but it is not diftinguifhed outwardly from the heart to the head.

Why is the neck full of bones and joints?

Because it may bear and fustain the head the ftronger; alfo, because the back-bone is joined to the brain in the neck, and from thence it receives marrow, which is of the fubftance of the brain.

Why have fome beafts long necks, as cranes, forks, and fuch like?

Because fuch beafts do feek their living in the bottom of the water; and fome beafts have fhort necks, as fparrow hawks, &c. because fuch are ravenous beafts, and therefore for ftrength have fhort necks, as appeareth in the ox, which has a fhort neck, and is therefore ftrong.

Why is the neck hollow, and efpecially before and about the tongue?

Because

Because there be two passages, whereof the one doth carry the meat unto the nutritive instrument, as to the stomach and liver, and is called of the Greeks *Oesophagus*;

Why is the artery made with rings and circles?

The better to bow, and give a good sounding again.

Why doth a chicken move a good space after his head is cut off, and a man beheaded never stirreth?

Because a chicken, and such like, have straight sinews and arteries, and therefore the spirit of moving continueth long after the head is cut off; but men, and many beasts, have long and large sinews and arteries, and therefore the motive spirits do quickly depart from them, and so by consequence cannot move their bodies.

Of the SHOULDERS and ARMS.

WHY hath a man shoulders and arms?

To give and carry burdens, and do any manner of work.

Why are his arms round?

For the swifter and speedier work, because that figure is fittest to move.

Why are his arms thick?

Because they should be strong to lift and bear burdens, or thrust and give a strong blow; so their bones are thick, because they contain much marrow, for else they should be easily corrupted and marred; but marrow cannot so well be contained in small bones as in great.

Why do such as are diseased and in grief uncover and cover their arms, and such also as are in agony?

Because such are near unto death; and it is a sign of death by reason of great grief, which causeth that uncovering, as Hippocrates doth teach, *lib. Prognost.*

Why do the arms become small and slender in some sickness, as in madmen, and such as are sick of the dropsy?

Because all the parts of the body do suffer the one with the other, and therefore one member being in grief, all the humours do concur and run thither to give succour and help to the aforesaid grief. For when the head doth ach, all humours of the arms doth run into the head, and therefore the arms become small and slender, because they want their proper nutriment.

Why hath brute beasts no arms?

Their fore feet are instead of arms, and in their place, or else we may answer more fitly, because all beasts have some part of their defence, and to fight with, as the wolf his feet, the cow her horns, the horse his hinder feet, birds their beak and wings, but only man hath his arms.

Of the HANDS.

FOR what use hath a man hands, and an ape also, which is like unto a man?

The hand is an instrument which a man doth especially make use of, because many things are done by the hands, and not by any other part.

Why are some men ambo-dexter, that is, using the left hand as the right?

By reason of the great heat of the heart; for that makes a man as nimble of the left hand as of the right; and without doubt, are of good complexions.

Why are not women ambo-dexter as well as men?

Because as Galen saith, a woman in health that is most hot, is colder than the coldest man in health; I say, in health, for if she have an ague, she is accidentally hotter than a man.

Why are the fingers full of joints?

To be more fit and apt to receive, and keep the things received.

Why hath every finger three joints, and the thumb but two?

The thumb hath three, but the third is joined unto the arm, therefore it is stronger than the other fingers.

Why are the fingers of the right hand nimbler than the fingers of the left, as Ægidius saith?

It proceedeth from the heat which doth predominate in those parts, which causeth great agility.

Why are the fingers thicker before meat, than after, as Albertus saith?

Because a man who is fasting, is full of bad humours, which puff up the parts of the body, and the fingers also; but when these humours are expelled through meat, the fingers become more slender. And for the same reason, a man which is fasting, is heavier than when he hath meat in his belly, as is most plain in fasters. Another reason
may

may be given, Because that after meat the heat is departed from the outward parts of the body into the inward, to help digestion, and the outward and external parts become slender; but after the digestion is made, the blood turneth again to the exterior parts, and then they become great again.

Why are some men left-handed?

Because the heart sendeth out heat into the right side, but more into the left, and doth also work a slenderness and subtilty on the left-side.

Of the NAILS.

FROM whence do nails proceed?

Of the fumosity and humours, which are resolved, and go into the extremities of the fingers, and they are dried through the power of the external air, and brought to the hardness of a horn.

Why do the nails of old men grow black and pale?

Because the heat of the heart decayeth, which decaying, their beauty decayeth also.

Why are men judged to be of good or evil complexion by the colour of their nails?

Because they give witness of the goodness or badness of the heart, and therefore of the complexion; for, if they be somewhat red, they betoken choler well tempered; but if they be yellowish or black, they signify melancholy.

Why do white spots appear in the nails?

Through mixture of phlegm with the nutriment.

Of the BREAST.

For what reason is the breast hollow?

Because there is the seat of the spiritual and aërial members, which are most noble, as the heart and lights; and therefore because these might be kept from hurt, it was necessary that the breast should be hollow.

Why hath a man the broadest breast of living creatures?

Because the spirits of men are weak and subtile, and therefore do require a spacious place wherein they are contained, as the breast is.

Why are the breasts of beasts round?

Because they be in continual motion,

Why

Why have women narrower breasts than men?

Because there is more heat in men, which doth naturally move to the uppermost part of them, making those parts great and large; and therefore a great breast is a token of courage, as in the lion and bull; but in women cold predominates, which naturally tends downwards, and therefore women often fall on their tail, because the hinder parts are gross and heavy, by reason of cold ascending thither; but a man commonly falls on his breast, by reason of its greatness and thickness.

Of the PAPS and DUGS.

WHY are the paps placed upon the breasts?

Because the breast is the seat of the heart, which is most hot, and therefore the paps grow there, to the end that the menses being conveyed thither, as being near to the heat of the heart, should the sooner be digested, and converted into the matter and substance of milk.

Why are the paps below the breast in beasts, and above the breasts in women?

Because a woman goes upright, and has two legs only; and therefore if her paps should be below her breasts, they would hinder her going; but beasts have four feet, and therefore they are not hindered in their going.

Why have not men as great paps and breasts as women?

Because a man hath no monthly terms, and therefore hath no vessel deputed for them.

Which paps are best for children to suck, great or little ones, or the mean between them both?

In great ones the heat is dispersed, and there is no good digestion of milk; but in small ones the power and force is strong, because a virtue united is strongest, and by consequence there is good working and digestion of the milk, and therefore the small are better than the great ones; but yet the mean ones are best of all, because every mean is best.

Why do the paps of young women begin to grow about 13 or 15 years of age, as Albertus saith?

Because then the flowers have no course to the teats, by which the young one is nourished, but follow their ordinary course, and therefore wax soft.

Why

Why hath a woman which is with child of a boy the right pap harder than the left?

Because the male child is conceived in the right side of the mother, and therefore the flowers do run to the right pap, and make it hard.

Why doth it shew weakness of the child when the milk doth drop out of the paps before the woman be delivered?

Because the milk is the proper nutriment of the child in the womb of the mother; and therefore if the milk run out, it is a token that the child is not nourished, and is therefore weak.

Why doth the hardness of the paps betoken the health of the child in the womb?

Because the flowers are converted into milk, and that milk doth sufficiently nourish the child, and thereby the strength is signified.

Why hath a woman but two paps, and some brute beasts ten or more?

Because, for the most part, a woman hath but one child, either boy or girl, and therefore one pap is sufficient, or two; but beasts have many young ones, and therefore so many teats.

Why are women's paps hard when they be with child, and soft at other times?

They swell then, and are puffed up, because the much moisture which proceeds from the flowers doth run into the paps, which at other seasons remaineth in the womb, and is expelled by the place deputed for that end.

By what means doth the milk of the paps come to the matrix or womb?

According to Hippocrates, because there is a certain knitting and coupling of the pap with the womb, and there are certain veins which the midwives do cut in the time of the birth of the child, and by those veins the milk doth flow in at the navel of the child, and so it receives nutriment by the navel. Some say the child in the womb is nourished at the mouth, but it is false, because that so it should void excrements also.

Why is it a sign of a male child in the womb when the milk that runneth out of the woman's breast is thick and not much, and of a female when it is thin?

Because

Because a woman that goeth with a boy hath great heat in her, which doth perfect the milk and make it thicker, but such as go with a girl hath not so much heat, and therefore the milk is undigested, watery, and thin, and will swim above the water if it be put into it.

Why is the milk white, seeing the flowers are red which it is engendered of?

Because blood which is well purged and concocted becometh white, as appeareth in flesh, whose proper colour is red, and being boiled is white. Another answer is, Every humour which is engendered of such part of the body, is made like unto that part in colour where it is engendered, as near as it can be; but because the flesh of the paps is white, therefore the colour of the milk is white.

Why doth a cow give milk more abundantly than other beasts?

Because she is a great eating beast; and where much monthly superfluity is engendered, there is much milk, because it is nothing else but that blood purged and tried; and because a cow has much of this monthly blood, she has much milk.

Why is not milk wholesome?

According to the opinion of Galen, it is for divers reasons: 1st, Because it doth curdle in the stomach, whereof an evil breath is bred. But to this Hippocrates gives this remedy, saying, if the third part of it be mingled with running water, then it is not hurtful. 2dly, Because the milk doth sour in the stomach, and breeds evil humours which infect the breath.

Why is milk bad for such as have the head-ach?

Because it is easily turned into great fumosities, and hath much terrestrial substance in it, which ascending doth cause the head-ach.

Why is milk fit nutriment for infants?

Because it is a natural and usual food, and they were nourished by the same in the womb.

For what reason are the white meats made of a new milked cow good?

Because milk at that time is very spongy, and does, as it were, purge.

Why

Why is the milk naught for the child, if the woman use carnal copulation?

Because in time of carnal copulation, the best part of the milk goes to the seed vessels, and to the womb, and the worst remains in the paps, which doth hurt to the child.

Why is the milk of brown women better than that of white?

Because brown women are hotter than others, and heat purges the milk.

Why do physicians forbid the eating fish and milk at the same time?

Because they are phlegmatic, and are apt to produce a leprosy.

Why have not birds and fish milk and paps?

Because paps would hinder the flight of birds; fish also have neither paps nor milk, but the females cast much spawn, on which the male touches with a small gut, which causes their kind to be infinite in succession.

OF BACKS.

WHY have beasts backs?

For three causes; first, Because the back should be the way and mein of body, from which all the sinews of the back-bone are extended and spread; as appears in such as are hanged, whose sinews hang whole in the chine or back-bone, when they are in pieces, or without flesh. 2dly, Because it should be a guard and defence for the soft parts of the body, as of the stomach, liver, lights, and such like. 3dly, Because it should be the foundation of all the bones, because we see other bones, as the ribs, fasten to the back-bone.

Why hath man above all other creatures a broad back which he can lie upon, which no beast can do?

Because a broad back doth answer a broad breast; if therefore a man should have a sharp back like unto a beast, he would be of an unseemly shape, and therefore it is requisite that he have a broad back.

Why hath a man that lieth on his back horrible visions?

Because the passage or sign of the fantasy is open, which is in the fore part of the brain, and so the fantasy is destroyed, and then those visions follow. Another reason is,

because
placed

because when a man lieth on his back, the humours are distributed and moved upward where the fantasy is, which by that means is distributed. To lie on the back disposes a man to leprosy, madness, and to an incubus or nightmare, which is a passion of the heart wherein a man thinks himself to be strangled in his sleep, and something lying heavy on him, which he would put off.

Why hath the back-bone so many joints or knots called Spondelia by the physicians ?

For the more easy moving and bending of it ; and therefore they say amiss, who say, that elephants have no such joints, for without them they could not move.

Why do fish die after their back-bone is burst ?

Because in fish the back-bone is instead of the heart. Now, the heart is the first thing that lives, and the last that dies, and therefore when the bone is broke, fish can live no longer.

Why does a man die soon after the marrow is hurt or perished ?

Because the marrow proceeds from the brain, which is a principal part of a man ; as appears, 1st, because the marrow is white like the brain ; and 2dly, because it hath a thick skin or rind, which that called *nucha* has not, which differs from the marrow, because of two coverings like the brain, called *pia mater*, and *dura mater*.

Why have some men the piles ?

Those men are cold and melancholy, which melancholy first passes to the spleen, its proper seat ; but there cannot be retained for the abundance of blood ; for which reason it is conveyed to the back-bone, where there are certain veins which terminate in the back, and receive the blood ; when those veins are full of the melancholy blood, then the conduits of nature are opened, and the blood issues out once a month, like women's terms. Those men who have this course of blood, are kept from many infirmities, as dropsy, plague, &c.

Why are the Jews much subject to this disease ?

Divines say, because they cried at the death of Christ, *Let his blood be upon us, and our children*. Another reason is, because the Jews eat much flegmatic and cold meats, which breed melancholy blood, but it is purged with this flux ;

flux; a third reason is, motion causes heat, and heat digestion; but strict Jews neither move, labour, nor converse with men; besides, they are in continual fear lest we should revenge the death of our Saviour, which breeds a coldness in them, and hinders digestion, causing melancholy blood, which is by this means purged out.

Of the HEART.

WHY are the heart and lungs called lively parts of the body?

From the word *Spiritus*, which signifies breath, life or soul; and because the vital spirits are engendered in the heart. Yet that's no good answer, for the liver and brain might be so called, because the liver giveth nutriment, and the brain sense and life; the consequence is clear, for the vital spirits are engendered in the liver, and the sensible and animal spirits in the brain.

Why are the lungs light, spongy, and full of holes?

That the air may the better be received in them for cooling the heart, and expelling humours, because the lungs are the fan of the heart; and as a pair of bellows is raised up by taking in the air, and shrunk by blowing it out, so likewise the lungs draw the air to cool the heart and cast it out, least through too much heat of the air drawn in, the heart should be suffocated.

Why is the flesh of the lungs white?

Because they are in continual motion.

Why have those beasts lungs that have hearts?

Because the lungs be no part for themselves, but for the heart: and therefore it were superfluous for those creatures to have lungs that have no hearts; but nature is never wanting in things necessary, nor abounds in superfluities.

Why do such creatures as have no lungs want a bladder?

Because such drink no water to make their meat digest, but only for the tempering their food, and therefore they want a bladder and urine; as appears in such birds as do not drink at all, viz. the falcon and sparrow-hawk.

Why is the heart in the midst of the body?

Because it should impart life to all the parts of the body, and therefore it is compared to the sun, which is placed

placed in the midst of the planets, to pour light into them all; therefore the Pythagoreans styling the heavens a great living creature, say, the sun is the heart thereof.

Why only in-men is the heart on the left side?

To the end the heat of the heart should mitigate the coldness of the spleen, for the spleen is the seat of melancholy, which is on the left-side also.

Why is the heart first engendered, for, according to Aristotle, the heart doth first live and die last?

Because, as Aristotle saith, *de juvent. et senect.* the heart is the beginning and original of life, and without it no part can live. According to the philosopher, of the seed retained in the matrix there is first engendered a little small skin, which compasses the seed, whereof first the heart is made of the purest blood; then of blood not so pure, the liver; and of thick and cold blood, and the marrow and brain.

Why are beasts bold that have little hearts?

Because in a little heart the heat is well united, and vehement, and the blood touching it doth quickly heat it, and is speedily carried to the other parts of the body, which gives courage and boldness,

Why are creatures with a little heart timorous, as the hare?

The heart is dispersed in such, and not able to heat the blood that cometh to it, and so fear is bred.

How comes it that the heart is continually moving?

Because in it there is a certain spirit which is more subtile than air, which, by reason of its thickness and rarefaction, seeks a larger space, filling the hollow room of the heart, whereof the dilating and opening of the heart doth follow; and because the heart is earthly, the thrusting, and ceasing to move, its parts are at rest, tending downwards. Galen gives an experiment of an acorn, which, if put into the fire, the heat dissolves its humidity, therefore doth occupy a greater place, so that the rind cannot contain it, but puffs up, throws it into the fire; the like of the heart: Therefore note, that the heart of a living creature is triangular in a manner, having its least part towards the left side, and the greatest towards the right, and doth also open and shut in the least part, by which

which means it is in continual motion; the first motion is by the physicians called *Diastole*, that is, extending the heart; the other *Systole*, that is, shutting of the heart; and from these two all the motions of the body proceed, and that of the pulse which physicians feel.

Why are great beasts lean?

The natural heat proceeding from the heart consumes that natural humidity which should be converted into fat.

How comes it that the flesh of the heart is so compact and knit together?

It is because in a thick compacted substance heat is strongly received and united, as appears in other things: And because the heart with its heat should moderate the coldness of the brain, it is made of that hard flesh which is apt to keep a strong heat.

How comes the heart to be the hottest part of all living creatures?

It is so compacted as to receive heat best, and because it should mitigate the coldness of the brain.

Why is the heart the beginning of life?

Because in it the vital spirit is bred, which is the heat of life; and therefore, according to the opinion of Augustine, the heart hath two receptacles, the right and the left; the right hath more blood than spirits, which spirit is engendered to give life, and vivify the body.

Why is the heart long and sharp like a pyramid?

A round figure hath no angles, therefore the heart is round, for fear any poison or hurtful matter should be retained in it; and, as Aristotle affirms, because that figure is fittest for motion.

How comes the blood chiefly to be in the heart?

The blood is in the heart, as in its proper or efficient place, which some attribute to the liver; and therefore the heart doth not receive blood of any other part, but all other parts of it.

How happens it that some creatures want a heart?

Although they have no heart, yet they have somewhat answers it, as appears in eels and fish which have the back-bone instead of a heart.

Why does the heart beat in some creatures when the head is off, as appears in birds and hens?

Because the heart is what lives first and dies last, and therefore beats more than other parts.

Why doth the heat of the heart sometimes fall of a sudden, as in those who have the falling sickness.

This proceeds, from a defect of the heart itself, and of certain small skins with which it is covered, which being infected and corrupted, the heart falleth on a sudden; and sometimes it happens by reason of the parts adjoining, and therefore when any venomous humour goes out of the stomach that hurts the heart and parts adjoining, it causes this fainting. The disposition of the heart is known by the pulse; for a swift beating pulse shews the heat of the heart, and a slow beating one denotes coldness; therefore a woman that is in health, has a slower and weaker pulse than a man, as shall appear hereafter.

Of the STOMACH.

FOR what reason is the stomach large and wide?

Because in it the food is first concocted or digested, as it were in a pot, that what is pure may be separated from that which is not; and therefore, according to the quantity of the food the stomach is enlarged.

Why is the stomach round?

Because if it had angles and corners, food would remain in it, and breed humours, so a man would never want agues; which humours nevertheless are evacuated, lifted up, and consumed. and not hid in any such corners, by reason of the roundness of the stomach.

How comes the stomach to be full of sinews?

Because the sinews can be extended and enlarged, and so is the stomach when it is full; but when empty, it is drawn together, and therefore nature provides those sinews.

How comes the stomach to digest?

Because of the heat which is in it, which comes from the liver and the heart. For we see in metals, the heat of the fire takes away the rust and dross from iron, the silver from tin, and gold from copper; so that by digestion the pure is separated from the impure.

For what reason does the stomach join the liver?

Because the liver is very hot, and with its heat helps digestion, and provokes appetite.

Why

Why are we commonly cold after dinner?

Because then the heat goes to the stomach to further digestion, and so other parts become cold.

Why is it hurtful to study soon after dinner?

Because when the heat labours to help the imagination, it ceases from digesting the food; so that people should walk some time after meals.

How come women with child to have an inordinate desire of eating coals, ashes, and such like?

It flows from the humours of the stomach; and because women with child have corrupt humours, therefore they desire the like things.

How cometh the stom. ^{to} slowly to digest fat meat?

Because it swims in the stomach. Now, the best digestion is at the bottom of the stomach, where the fat descends not: Such as eat fat meat are very sleepy, by reason digestion is hindered.

Why is all the body worse when the stomach is uneasy?

Because the stomach is knit with the brain, heart, and liver, which are the principal parts in man; and therefore when it is not well, the other are evil disposed. Another answer is, that if the first digestion be hindered, the others are also hindered; for in the first digestion is the beginning of the infirmity that is in the stomach.

Why are young men sooner hungry than old men?

Young men do digest for three causes; first for growing; then for the restoring of life; and lastly, for conservation of life, as Hippocrates and Galen do say; else we answer, that young men are hot and dry, and therefore the heat doth digest more, and by consequence they desire more.

Why do physicians prescribe that men should eat when they have an appetite?

Because much hunger and emptiness will fill the stomach with naughty rotten humours, which are drawn unto it instead of meat; which do easily appear, because that if we fast over-night, we have an appetite to meat, but in the morning none. That's therefore a token that the stomach is filled with naughty humours, and especially its mouth, which is no true filling, but a deceitful one. And therefore, after we have eaten a little, our stomach comes

to us again; and then the proverb is, One morsel draweth down another: for the first morsel having made clean the mouth of the stomach, doth provoke the appetite.

Why do physicians prescribe that we should not eat too much at a time, but by little and little?

Because when the stomach is full, the meat doth swim in it, which is a dangerous thing. Another reason is, that as very green wood doth put out the fire, so much meat choaks the natural heat, and puts it out; and therefore the best physic is, to use temperance in eating and drinking.

Why do we desire change of meats according to the change of times; as in winter, beef, pork, mutton; and in summer light meats; as veal, lamb, &c.

Because the complexion of the body is altered, and changes according to the time of the year. Another answer is, that this proceeds from the quality of the season, because the cold winter doth cause a better digestion, and the stomach and belly is hotter in winter, by reason of the compassing cold, as Hippocrates and Aristotle doth teach.

Why should not the meat we eat be as hot as pepper and ginger?

Because hot meat doth burn the blood, and dispose it to a leprosy. So contrariwise, meat too cold doth mortify and congeal the blood. And our meat should not be over sharp, because it procureth old age, and too much sauce doth burn the entrails, and procureth often drinking, as raw meat doth; and over sweet meats do constipate and cling the veins together.

Why is it a good custom to eat cheese after dinner, and pears after all meat?

Because cheese, by reason of its earthliness and thickness, tendeth down towards the bottom of the stomach, and so putteth down the meat, and the like of pears. Note, that new cheese is better than old, for the old dry soft cheese is very naughty, and procureth the headach, and stopping of the liver; and the older the worse. Whereupon it is said, that the cheese is naughty, and digesteth all things but itself.

*Why are nuts good after fish? The verse is,
After fish nuts; after flesh cheese.*

Because fish is of a hard digestion, and doth easily putrify

putrify and corrupt; and nuts help digestion, because they are somewhat hot; fish is poisoned sometimes, and nuts are a remedy against a poison. And note, they should be of a clear stony water, and not of a cold standing muddy water, and should be so in wine and parsley, and so it hurteth least.

Why is it unwholesome to stay long for one dish after another, and to eat of divers kinds of meat?

Because the first begins to digest when the last is eaten, and so the digestion is not equally made, and therefore the meat digested beginneth to corrupt. But yet this rule is to be noted touching the order of meat, that if there be any dishes whereof some are light of digestion, as chickens, kid, veal, soft eggs, and such like, these meats should be first eaten; but gross meats, as venison, bacon, beef, roasted pork, hard eggs, and fried eggs, should be eaten last. And the reason is, because that if they should be first served and eaten, and were digested, they should hinder the digestion of the others; and the light meats not digested should be corrupted in the stomach, and kept in the stomach violently, whereof would follow belching, loathing, head-ach, belly-ach, and great thirst. And by consequence it is very hurtful too at the same meal to sup milk and drink wine, because they dispose a man to a leprosy.

Which is best for the stomach, meat, or drink?

Drink is sooner digested than meat, because meat is of greater substance, and more material than drink, and therefore meat is harder to digest.

Why is it good to drink after dinner?

Because the drink should make the meat readier to digest. For if a pot be filled with fish or flesh without liquor, then both the pot and the meat is marred. The stomach is like unto a pot which doth boil meat, and therefore physicians do counsel to drink at meals.

Why is it good to forbear a late supper?

Because there is no moving or stirring after supper, and so the meat is not sent down to the bottom of the stomach, but remaineth undigested, and so breeds hurt; and therefore a light and short supper is best.

How comes some men to evacuate clear meat?

By

By reason of the weakness of nature and expulsion; which disease is called *Leintertia*.

Of the BLOOD.

WHY is it necessary that every living thing that hath blood, hath also a liver?

According to Aristotle, because the blood is first made in the liver its seat, and is drawn from the stomach by certain principal veins, and so engendered.

For what reason is the blood red?

First, it is like the part in which it was made, *i. e.* the liver, which is red, then it is likewise sweet, because it is well digested and concocted; but if it have a little earthy matter mixed with it, that makes it somewhat salt, as appears in *Arist. lib. Meteor.*

How comes womens blood to be thicker than mens?

Their coldness thickens, binds, congeals, and joins it together.

How comes the blood to all parts of the body through the liver, and by what means?

Through the principal veins, as the veins of the head, liver, &c. to nourish all the body.

Of the URINE.

HOW doth the urine come into the bladder, seeing the bladder is shut?

Some say by sweating, and it seems to be true. Others say, it comes by a small skin in the bladder, which opens and lets in the urine. Urine is a certain and not deceitful messenger of the health or infirmity of man. Hippocrates says, that men make white urine in the morning, and before dinner red, but after dinner pale, and likewise after supper; for there is divers colours.

How doth the leprosy proceed from the liver?

Because it doth greatly engender the brains, and breed the falling-sickness and apoplexy.

Why is it hurtful to drink much water?

Because one contrary doth hinder and expel another; for water is very cold, and lying so in the stomach hinders digestion.

Why

Why is it unwholesome to drink new wine; and why doth it very much hurt the stomach?

One reason is, it cannot be digested, therefore it causes the belly to swell, and in some sort the bloody-flux; secondly, it hinders making water; but to drink good, is wholesome.

Why do physicians forbid us to labour presently after dinner?

For three reasons; first, because motion hinders the virtue and power of digestion; secondly, because stirring immediately after dinner causes the parts of the body to draw the meat raw to them, which often breeds sickness; and thirdly, because motion makes the food descend before it is digested; but after supper it is good to stir, by reason we soon after go to sleep, therefore should walk a little, that the food may go to the bottom of the stomach.

Why is it good to walk before dinner?

It makes a man well disposed, fortifies and strengthens the natural heat, causing the superfluity in the stomach to descend; wherefore Avicen says, such as neglect this exercise fall into inflammation of the heart.

Why is it wholesome to vomit, as some say?

Because it purges the stomach of all naughty humours, expelling them, which would breed agues if they should remain in it. Avicen says, a vomit purges the eyes and head, clearing the brain.

How comes sleep to strengthen the stomach and the digestive faculty?

Because in sleep the heat draws inwards, and helps digestion; but when we awake, the heat remains, and is dispersed through the body.

Of the GALL and SPLEEN.

HOW come living creatures to have a gall?

Because cholerick humours are received into it, which through their acidity help the guts to expel superfluities, also it helps digestion.

How comes the jaundice to proceed from the gall?

The humour of the gall is bluish and yellow, therefore when its pores are stopt, the humours cannot go into the sack thereof, but is mingled with the blood, wandering throughout all the body, and infecting the skin.

Why

Why hath not a horse, mule, ass, or cow, a gall?

Though those creatures have no gall in one place, as in a purse or vessel, yet they have one dispersed in small veins.

How comes the spleen to be black?

It is occasioned by a terrestrial and earthy matter of a black colour, as Aristotle says. Another reason is, according to physicians, the spleen is the receptacle of melancholy, and that is black.

Why is he lean who hath a large spleen?

Because the spleen draws much water to itself, which would turn to fat; therefore contrariwise men that have but a small spleen are fat.

Why does the spleen cause men to laugh? Ifodorus says, We laugh with the spleen, we are angry with the caul, we are wise with the heart, we love with the liver, we feel with the brain, and speak with the lungs, that is, the cause of laughing, anger, love, wisdom, speech, and feeling proceeds from the spleen, gall, liver, lungs, and brain.

The reason is, the spleen draws much melancholy to it, being its proper seat, which melancholy proceeds from sadness, and is there consumed, and the cause failing, the effect doth so likewise. And by the same reason the gall causes anger; for cholerick men are oftner angry, because they have much gall. For the better understanding of this, note, that there are four humours in man, viz. blood, choler, phlegm, and melancholy; each has its particular receptacle. Of a hot and dry substance choler is engendered, which goes to the gall; but of a cold and dry humour melancholy is engendered, and goes to the spleen; of a cold and moist humour phlegm is engendered, and goes to the lungs for its reception, or (as physicians say) to the spleen; but the blood, which is the most noble humour, is engendered in the liver, which is its proper place.

OF CARNAL COPULATION.

WHY do living creatures use carnal copulation?

Because it is most natural to beget their like; for, if copulation were not, all procreation had sunk ere now.

What is this carnal copulation?

It is a mutual action of male and female, with instrument ordained for that purpose, to propagate their kind ; and therefore divines say, it is a sin to use that act for any other end.

Why is this action good in those who use it lawfully and moderately ?

Because, say Avicen and Const. it eases and lightens the body, clears the mind, comforts the head and senses, and expels melancholy. Therefore sometimes through the omission of this act dimness of sight doth ensue, and giddiness ; besides, the seed of a man retained above its due time is converted into some infectious humour.

Why is immoderate carnal copulation hurtful ?

Because it destroys the sight, dries the body, and impairs the brain ; often causes fevers, as Avicen, and experience shew ; it shortens life too, as is evident in the sparrow, which, by reason of its often coupling, lives but three years.

Why doth carnal copulation injure melancholy or cholerick men, especially thin men ?

Because it dries the bones much, which are naturally so. On the contrary, it is good for the phlegmatic and sanguine, as Avicen says, because they abound with that substance which by nature is necessarily expelled. Though Aristotle affirms, that every fat creature has but little seed, because the substance turns to fat.

Why do not female brute beasts covet carnal copulation after they are great with young ?

Because then the womb or matrix is shut, and desire doth cease.

Why should not the act be used when the body is full ?

Because it hinders digestion, and it is not good for a hungry belly, because it weakens him,

Why is it not good after a birth ?

Because then the pores are open, and the heat disperses through the body ; yet after bathing it cools the body very much.

Why is it not proper after vomiting or looseness ?

Because it is dangerous to purge twice in one day ; but so it is in this act the reins are purged, and the guts by the vomit.

Why

Why are wild beasts furious when they couple, as appears in asses which bray; and harts, who are mad almost, as Hippocrates says?

Their blood is kindled with desire, and nature also labours to expel superfluities in them, which dispose to anger and madness; therefore the act done, they are tame and gentle.

Why is there such delight in the act of venery?

Because this act is a base and contemptible thing in itself, insomuch that all creatures would naturally abhor it were there no pleasure in it, and therefore nature readily uses it, that all kinds of living things should be maintained and kept.

Why do such as use it often, take less delight in it than those who come to it seldom?

For three reasons: first, because the passages of the seed are over-large and wide, therefore, it makes no stay there, which would cause the delight. Secondly, because that through often evacuation there is little seed left, therefore no delight. Thirdly, because such, instead of seed, cast out blood undigested and raw, or some other watery substance, which is not hot, and therefore affords no delight.

Can this carnal copulation be done by the mouth, so that beasts may conceive thereby, as some say of pigeons, that by kissing they do it, and conceive. Some say that it is true in the weasel or ermine?

According to Aristotle it is false; for though pigeons do kiss by the beak, yet they do not couple this way nor conceive. And because the weasel carries his young ones from place to place in his mouth, they are of that opinion: But Aristotle says, whatever goes in at the mouth is consumed by digestion, and if the seed should go in at the mouth, then that would be consumed by digestion. The major part is plain, the conclusion doth hold true.

Of the SEED of MAN or BEASTS.

HOW, and of what cometh the seed of man?

There are divers opinions of philosophers and physicians in this point. Some say it is a superfluous humour of the fourth digestion; others say, that the seed is pure blood flowing

flowing from the brain, concocted and whitened in the testicles; and some say, it is the superfluity of the second or third digestion; but Aristotle says, the seed is always the superfluity of the last nutriment, that is. of blood dispersed throughout the body, and comes chiefly from the heart, liver, and brain: which is argued, because those parts are greatly weakened by ejecting seed, and therefore it appears that carnal copulation is not good. But some think, when moderately used, it is very wholesome.

Why is a man's seed white, and a woman's red?

'Tis white in men by reason of his great heat and quick digestion, because rarified in the testicles; but a woman's is red, because 'tis the superfluity of the second digestion, which is done in the liver. Or else we may say, it is because the terms corrupt undigested blood, and hath its colour.

Doth the seed of a man come from the parts of the body, or from the humours?

Some say from the parts of the body, and that a lame man begets a lame child; and if the father hath a scar, the child hath one also, which could not be, if the seed did not fall from the parts of the body. Others say, it comes from the humours, by reason it is made of the least nutriment, and that is no part but a humour. As for lameness or scars, they proceed from the imagination of the mother at the time of carnal copulation.

How comes the imagination of the mother to cause her bring forth a Blackamoor, as Albertus Magnus reports of a queen, who, in the act of carnal copulation, imagined a Black, being printed, and in her sight?

As it is said, the imagination of a fall makes a man tall, and the imagination of a leprosy makes a man a leper; so, in this the imagination is above the forming power, and therefore the child born followeth the imagination, and not the power of forming and shaping, because 'tis weakest.

Doth the man's seed enter into the substance of the child?

The seed of both father and mother go into the substance of the child in the womb, as cream goeth to the substance of the cheese: Yet this opinion doth not seem to be of force; therefore, we say the seed doth not go into the substance of the child; and it is proved thus, because that

so the matter and the efficient cause should be all one, which is against the philosopher. The consequence is good, because the seed is the efficient cause of the house, and therefore is not the material cause of the child. This is proved another way; as there is the self-same material cause of nourishment and generation; so we have our being and nourishment of the same matter: But the seed cannot be the material cause of nourishment, according to Averrois, therefore not of the being: And as both seeds are shut up in the womb, so that of the man disposeth and prepares the woman's to receive the form, perfection, or soul, which being done, it is converted into a humidity that is breathed out by the pores of the matrix.

How come females to have monthly courses?

They are cold in respect of men, and as their nourishment cannot all be converted into blood, a great part thereof turns to menses, which are monthly expelled.

For what reason do not the courses come before thirteen?

Because young women are hot, and digest all their nourishment, therefore they have them not before that age.

For what reason do they leave them at about fifty?

Some answer that old women are barren, and therefore they cease; but a better answer is, that then nature is weak in them, and therefore they cannot expel them; there is great store of immundities bred in them, which lies in a lump; this makes them troubled with coughs and other infirmities. Men should refrain their use at those times.

Why have not breeding women the menses?

Because that then they turn into milk, and into the nourishment of the child: for, if a woman with child have them, it is a sign she will miscarry.

Why are they termed menstrua?

From the word *mensis* a month, because it is a time which measures the moon, as she ends her course in 29 days and 14 hours. The moon hath dominion over moist things, and the menses are humid, and moist things increase and decrease as the moon does.

Why do they continue longer with some than with others, with some six or seven, but commonly with all three days?

The first are colder, therefore they increase most in them, and consequently are longer in expelling; other
women

women are more hot, and therefore they have fewer, and are soon expelled.

Where are the terms retained before they run?

Some say in the matrix or womb; but Averrois says, the matrix is the place for generation, and that those terms further not generation at all; therefore he asserts that there are certain veins about the back-bone which retain them; a sign of which is, those women, at that time, have great pain in their backs.

Are the menses which are expelled, and those of which the child is engendered, all one?

No; because the one are unclean, and unfit for that purpose, but the other very pure and clean, therefore fittest for generation.

Why doth those got with child when they have the terms upon them bring forth weak and leprous children?

Because they are venomous; so the cause appeareth in the effect.

Why have women their terms, some at the new moon, some at the full, and others at the wain?

By reason of their several complexions; and though all women in respect of men are phlegmatic, yet some are more sanguine than others; some more choleric. As months have their quarters, so have women their complexions: One of a sanguine complexion hath her terms in the first quarter, a choleric in the second, a melancholic in the third, &c.

Why have the sanguine theirs in the first quarter?

Because, saith Galen, every such thing added to such a thing doth make it more such; therefore the first quarter of the moon increaseth blood in a sanguine complexion, and then she expels it.

How do they come in the end of the month?

Because most women then are phlegmatic, and the last quarter is phlegm: Or else it proceeds from defect, and therefore cold works then do multiply the matter, and so multiplied, is then expelled.

How happens pain and grief at that time?

Because it is like the pain of the stranguary in making water drop by drop: for the stranguary, by reason of the drink undigested, offends the subtile passage of the urine,

as happens after bathing; so the menses, undigested and of an earthly substance, hurt the passage by which they go.

Why do women easily conceive after their menses?

Because the womb being cleansed, they are better prepared for conception.

Why do women look pale when they are upon them?

Because then the heat goes from the outward part of the body to the inward, to help nature and expel their terms, which deprivation of heat doth cause a paleness in the face. Or else it is, because that flux is caused of raw humours, which when they run, they make the face colourless.

Why do they at that time abhor their meat?

Because nature labours more to expel their terms, than to digest; and therefore, if they should eat, it would remain raw in the stomach.

Why are some women barren, and cannot conceive?

1. It proceeds sometimes of the man, who being of a cold nature, his seed is unfit for generation: 2. Because it is waterish, and so doth not stay in the womb: 3. The seed of both is not proportionate; as if the man be melancholy and the woman sanguine, or the man cholerick and the woman phlegmatick; for it is evident in philosophy, that the agent and the patient ought to have the same proportion, else the action is hindered.

Why do fat women seldom conceive with child?

Because they have a slippery womb, and the seed will not stay in; or else because the mouth of the matrix is very strait, and the seed cannot enter in, or if it do, it is so very slowly, that it grows cold in the mean time, so is unfit for generation, and is dissolved into any fleshy substance.

Why do those of very hot constitutions seldom conceive?

Because the seed in them is extinguished or put out, as water cast into fire.

Why are whores never with child?

By reason of divers seeds, which corrupt and spoil the instruments of conception, for it makes them so slippery that they cannot retain seed. Or else, it is because one man's seed destroys another, so neither is good for generation. Albertus says, the best thing to help conception is to take the matrix of a hare beat to powder, in drink.

Why

Why have some women long and slender children, and others thick and short?

Because as Galen and Averrois say, the child is formed according to the dimensions of the womb; wherefore, because some women have a long and narrow womb, their children are long and slender, others, on the contrary, short and large, therefore their children be short and thick.

Why doth a woman conceive twins?

According to Galen, because there are several cells or receptacles in the womb, wherefore they may naturally have so many children at once, as there falls seed in those cells: There are three in the right side, and three in the left; in the right side boys are engendered, in the left girls; and in the midst of these cells or chambers there is another, where the ancients assert hermaphrodites to be engendered. If a woman should have more than seven children at once, it would rather be miraculous than natural.

Why are twins not so strong as other men?

By reason the seed which should have been for one is divided into two, and therefore they are weakly, and in truth do not often live long.

OF HERMAPHRODITES.

HOW are hermaphrodites begotten?

There are seven cells in the womb, three on the right side, three on the left, and a seventh in the centre, into which the seed falls, an hermaphrodite is said to be begotten in this manner: Nature tends always to that which is best, therefore she doth always intend to beget the male; which male is sometimes begotten in all its principal parts, and yet, through the evil disposition of the womb and object, and inequality of the seeds, when nature cannot perfect the male, she brings forth the female too; and therefore an hermaphrodite is impotent in the privy parts of man, as appears by experience.

Why doth not nature dispose in him two secret parts of man, or two of a woman; but one of a man, and one of a woman?

Because nature should then make one in vain; but philosophers say that God made nothing in vain.

Is an hermaphrodite to be accounted a man or a woman?

It is to be considered in which member he is fittest for the

the act of copulation: If fittest in the woman's, then it is a woman; if in the man's, he is a man.

Should he be baptized in the name of a man or woman?

In the name of a man, because names are given *ad placitum*, and therefore he should be baptized according to the worthiest name.

Shall he stand in judgment in the name of a man or woman?

According to the law he should first swear before he be admitted to judgment, which secret part he can use, and so is to be admitted according to the use and power of that part.

OF MONSTERS.

DOETH nature make any monsters?

She doth; for if she did not, she would then be deprived of her end. For of things possible she doth always propose to bring forth that which is most perfect; but in the end, through the evil disposition of the matter, and influence of some special constellation, not being able to bring forth that which she intended, she brings forth that which she can. In Albertus's time, a cow brought forth a calf half a man, the countrymen suspecting a shepherd, would have burnt him with the cow, but Albertus being skilful in astronomy, said, that this did proceed from a special constellation, and so delivered the shepherd from their hands.

Be they one or two?

Aristotle saith, you must look into the heart, and if there be two hearts, there be two men.

Why is a man born sometimes with a great head, and six fingers on one hand, or with four?

Aristotle saith, it proceeds of superfluity and abundance of matter; when there is too much matter, then he is born with a great head, or six fingers; but if there be want of matter, then there is some part wanting, or less than it ought to be.

OF INFANTS.

WHY are some children altogether like the father, some like the mother, some like both, and some to neither?

If the seed of the father do wholly overcome that of the mother, the child doth wholly resemble the father; but if the mother's predominate, then it is like the mother; but

if he be not like neither, that doth happen for many causes; sometimes through the four qualities, sometimes through the influence of some heavenly constellation. Albertus saith, that there was on a time a good constellation for begetting of hogs, and a child was then begotten and brought forth which had a face like a hog: According to this divers sorts of monsters are brought forth.

Why are children oftner like the father than the mother?

That proceeds of imagination of the mother in the act of copulation, and therefore the children get the disposition of the father. This appears from an Ethiopian queen, who brought forth a white child, because her imagination was upon a white colour; and is seen in Jacob's skill in casting rods of divers colours into the water when his sheep went to ram.

Why do children sometimes more resemble their grandfathers and great grandfathers, than their parents?

The virtue and force of the grandfather is grafted in the heart of the begetter, and it may be said that sometimes it doth proceed of the similitude of the nutriment. and then the child is formed by the similitude of the grandfather.

Why do children, according to the course of nature, come out of the mother's womb in the ninth month?

Because the child is then fully perfect, or else because some benign planet doth reign, as Jupiter, who is a friend of nature; for, according to astronomers, he is hot and moist, and therefore doth temper the malice and naughtiness of Saturn, who is cold and dry: Therefore, for the most part, children born in the ninth month, are healthful.

Why do children born in the eighth month, for the most part, die quickly; and why are they called children of the moon?

Because the moon is a cold planet, which has dominion over the child, and therefore doth bind it with its coldness, which is the cause of its death.

Why doth a child cry as soon as it is born?

1st, Because of the sudden change from heat to cold, which cold doth hurt its tenderness. 2^{dly}, Because the child's soft and tender body is wringed and put together, coming out of the narrow and strait passage of the matrix; and

and especially the brain being moist, and the head pressed and wringed together, is the cause that some humours do distil by the eyes, which are the cause of tears and weeping. 3dly, Divines say, it is for the transgression of our first father, and original sin.

Why doth a child put his finger into his mouth when he cometh first into the world?

Because that coming out of the womb, he cometh out of a hot bath, and entering into the cold, he puts his fingers into his mouth for want of heat.

How doth a child come into the world out of the womb?

He cometh forth with the head forward; for, if he should come with the thighs or arms, he would kill himself and the mother.

Of the young One in the Womb.

HOW is the young one engendered in the womb?

The first six days the seed hath the colour of milk, but in the six days following a red colour, which is near unto the disposition of flesh, and then is changed into a thick substance of blood; but in twelve days following this substance is made so thick and sound, that it is able to receive shape and form, because a fluid or running substance steepeth on till its birth; and it is governed every month by the planets.

Doth the child in the womb void excrements or make water?

No; and the reason is, because he hath the first digestion which is in the stomach; he receives no food by the mouth, but it comes to him at the navel, he therefore makes no urine, but sweats, which at best is but little, and is received in a skin in the matrix, and at his birth is cast out.

Why doth the child come easily out of the matrix, after seven, eight, or nine months?

Because, saith Galen, when the fruit is ripe, then the ligaments are broken, and so it falls out.

Of ABORTION and untimely BIRTH.

WHY do women that eat unwholesome meats easily miscarry?

Because it breeds putrified seed in them, which the mind abhorring doth cast it out of the womb, as unfit for the most noble shape which is adapted to receive the soul.

Why

Why doth wrestling or leaping cause the casting of the child, as some subtle women used to do on purpose?

Because it looses the ligaments which should hold the child.

Why doth thunder cause miscarriage?

The vapour is burning, and doth easily hurt the tender substance of the child, entering in at the pores of the matrix. Albertus says, if the child be near delivery, lightening and thunder will kill it.

Why doth thunder and lightening rather cause young women than old to miscarry?

Because the bodies of young women are fuller of pores, and more slender, and therefore the lightening sooner enters into their body; but old ones have a thick skin, well compacted, therefore the vapours cannot enter.

Why doth much joy cause a woman to miscarry?

Because in the time of joy a woman is destitute of heat, and so the miscarriage doth follow.

Why do women easily miscarry when they are first with child, viz. the first, second, or third month?

As apples and pears easily fall at first, because the knots and ligaments are weak, so it is of a child in the womb.

Why is it more hard to miscarry in the fourth, fifth, or sixth month?

Because then the ligaments are stronger and well fortified.

Of divers MATTERS.

WHY have some women greater grief than others in child birth?

For three reasons, 1st, For the largeness of the child. 2dly, The midwife being unskilful. And thirdly, because the child is dead. For the contrary causes, some have less pain.

Why hath not a man a tail like a beast?

Because a man is a noble creature, whose property is to sit; so a beast cannot that hath a tail.

Do those who keep hot houses expel the heat of the furnace better with cold water than hot?

Yes; because they are of contrary qualities, which work strongly one against the other, therefore the heat is easier expelled from the stone.

Why

Why does hot water freeze sooner than cold?

Because hot water is thinner, and gives better entrance to the frost?

For what reason is every living thing dull after copulation?

Because the act is filthy and unclean; and so every living creature abhors it: When men do think upon it they are ashamed and sad.

Cannot drunken men judge of tastes as well as sober ones?

No; because the tongue being full of pores and spungy, it receives great moisture in it, and more in drunken men than in sober; therefore the tongue, often drinking, is full of bad humours, and so the faculty of taste is out of order; therefore through the thickening of the mean, *i. e.* taste, drink taken of drunkards is not presently felt; for to due feeling there is requisite to have a due proportion of the mean. And by this is also understood why drunk persons have not a perfect speech.

Why have melancholy beasts long ears; and why are not those men wise for the most part that have long ears, but those otherwise that have short ones?

The ears proceed from a cold and dry substance called a gristle, which is apt to become a bone; and because melancholy beasts do abound with this kind of substance, they have long ears.

How comes the other to be half-witted?

Because the minds and souls follow the bodies; for, if the senses of the body be subtle, the soul exercises subtle operation, as well active as speculative; and the contrary is in a gross body.

How is the intellectual soul joined to a child in the womb of the mother; and how does the man who begets it, make the matter apt and fit to receive the soul?

Divines say, that into a substance sufficiently disposed and made fit, God doth infuse the intellectual soul; and St Augustine says the like: The soul in creating is infused, and in infusing is created.

Why do hares sleep with their eyes open?

Their eyes stand out, and their eye-lids are short, therefore never quite shut. Besides, they are timorous, and, as a safe-guard to themselves, sleep with their eyes open.

Why

Why do not crows feed their young till they be nine days old?

Because seeing them of another colour, they think they are of another kind; meanwhile God feeds them with heavenly dew, as the Psalmist saith, "He giveth beasts their food, and young crows which call upon him."

Why are sheep and pigeons mild creatures?

Because they want galls, which stir anger.

Why have birds their stones inward?

Because if they were outward, they would hinder their flying and lightness.

How comes it that birds do not piss?

Because that superfluity which would be converted into urine, is turned into feathers, for there is much moisture in the feathers. Another reason is, they are in continual motion, therefore moisture in them is dried up by air or wind.

How come long eggs to be a sign and cause of the male, and flat short eggs of the female?

Hippocrates says, it is the property of heat to ascend from the centre to the circumference of cold; therefore long eggs have a great heat, and therefore pass into the substance of the male; for in every kind the male is hotter than the female, as philosophers say. If the eggs be short and flat, it is a sign the heat is small and undispersed, and goeth into the substance of the female.

How do we hear better by night than by day?

Because there is a greater quietness in the night than in the day; for the sun doth not exhale the vapours by night, as it doth in the day; therefore the mean is more fit than ready, and the mean being fit, the motion is better done by it, which is said to be done by a sound. Another reason is, there are more motions and sounds in the air, in the day, than in the night, which hinders one another: In the night there is silence, which is opposite to sound, and opposites put one against the other shew better.

For what reason doth a man laugh sooner when touched in the arm pits than in other parts of the body?

Because there is in that place a meeting of many sinews and the mean we touch (which is the flesh) is more subtle, than in other parts, and therefore a better feeling. When

a man is moderately and gently touched there, the spirits there dispersed run into the face, and thence causes laughter; but if touched too roughly, then there is not that delight.

How comes burnt wood to be black, and a bone burnt to be of a white substance?

Because the wood before it was burnt was moist, and the heat is not able to consume all the moisture of the wood, and therefore there remaineth some after the burning, which is converted into black substance, because the humidity of the wood was slimy, and could not altogether be consumed by the fire. But a bone is cold and dry of its own nature, having but small moisture in it, which the burning doth wholly consume, and so the moisture being consumed, the body waxeth white.

Why do some women love white men, and some black?

There are two answers. Some women have a weak sight, and such delight in black, because white doth hurt the sight more than black. The second reason is, because like delight in like; some women are of a hot nature, and such are delighted with black, because blackness doth follow heat; and others are of a cold nature, and these are delighted with white, because cold is the mother of whiteness.

Why do men willingly sleep after labour?

Because that through continual moving the heat is dispersed to the external part of the body, which after labour, is gathered together to the internal parts, to help digestion; and thence vapours do rise from the heart to the brain, which stop the passages by which the natural heat should be dispersed to the external part; and then the external parts being cold and thick, by reason of the coldness of the brain, sleep is procured. And by this it appeareth, that such as eat and drink much, do sleep much and long, because great store of humours and vapours are bred in such, which cannot be digested of the natural heat.

Why are such as sleep much evil-disposed and ill coloured?

Because that in sleeping much moisture is gathered together, which cannot be consumed, and is expelled in waking, and so it doth covet to go out through the superficial part of the body, and especially it resorts to the face,
and

and is the cause of a bad colour, as appeareth in such as be flegmatic, who desire more sleep than others.

Why doth it appear unto some in their sleep that they eat and drink sweet things?

Because the phlegm drawn up by the jaws doth distil and drop to the throat, and this phlegm is after a sort sweet, and therefore that seemeth so to them.

Why do some dream in their sleep that they are in the water and drowned, and some that they are in water and not drowned?

The reason is, because the flegmatick substance doth run to the high parts of the body, and then they think they are in the water and drowned; and when that substance draweth unto the internal parts, then they think they escape. Another reason may be, overmuch repletion and drunkenness; and therefore when a man is overmuch filled with meat, the fumes and vapours ascend and gather together, and therefore they think that they are drowned and strangled; but if they cannot ascend so high, then they seem to escape.

May a man procure a dream by an external cause?

Aristotle holdeth that it may be done, if a man do speak softly at a man's ear, and awake him, then of this stirring of the spirits there are thunderings and buzzings in the head, and so they dream of that. And so some men have dreams by divine revelation, when it pleaseth God to send any.

How many humours are there in a man's body?

Four; whereof every one hath its proper place in man's body. The first is choler, which physicians call *flavibilis*, as is placed in the liver. The second is melancholy, called, *atra bilis*, whose seat is in the spleen. The third is phlegm, whose place is in the head. The fourth is blood, whose place is in the heart.

What condition and quality hath a man of a sanguine complexion?

He is fair and beautiful; he hath his hair for the most part smooth: he is bold, he retaineth that which he hath conceived; he is shame-faced, given to music, a lover of sciences, liberal, courteous, and desires no revenge.

What properties do follow a flegmatic complexion?

They are dull of wit, their hair never curls, they are seldom very thirsty, they are much given to sleep, they dream of things belonging to the water, they are fearful, covetous, given to heap up riches, are weak in the act of venery.

What properties do follow the choleric man?

He is furious and angry, quarrellsome, given to war, pale coloured and unquiet; drinks much, sleeps little, and desires much the company of women.

What properties do follow the melancholy man?

He is unquiet, brown in complexion, his veins hidden, he eateth little, and digesteth less; when he dreameth, it is of dark confused things; he is sad, fearful, exceeding covetous and incontinent, unless he bridle his affection.

What dreams do follow these complexions?

Pleasant merry dreams do follow the sanguine complexion; fearful dreams the melancholy; the choleric dream of children, fighting, and fire; and the flegmatic dream of water. And this is the reason why a man's complexion is said to be known by his dreams.

What is the reason that if you cover an egg over with salt, and let it lie in it a few days, all the meat within is consumed?

The great dryness of the salt doth consume the substance of the egg; but in sand some say they may be kept as long as you please, as the mariners practise.

Why is the melancholy complexion the worst of all?

Because it is the dregs of blood, which is an enemy to mirth, and farthest from the beginning of man's life, and bringing old age and death, because it is cold and dry.

Why is the flegmatic for the most part dull of wit?

Because that the vivacity of wit proceedeth of heat, so of cold the contrary, which they are subject unto.

Wherefore doth it proceed that some men die with extreme joy, and some with extreme grief?

Over great joy doth overmuch heat the internal parts of the body, and overmuch heat doth drown and suffocate the heat, the which failing, a man dieth.

Why hath a man so much hair on his head?

The hair of the head proceedeth of the vapours which ariseth from the stomach, and ascend to the head, and also
of

of the superfluities which are in the brain; and those two passing through the pores of the head are converted into hair, by reason of the heat and dryness of the head. And because man's body is full of humours, and hath more brains than other creatures, and also more superfluities in the brains, which the brain expelleth, it followeth that he hath more hair than other living creatures.

How many ways is the brain purged, and other hidden places of the body?

Four; the watery and gross humours are purged by the eyes, melancholy by the ears, choler by the nose, and flegm by the hair.

What is the reason that such as are very fat in their youth, are in danger to die on a sudden?

Such have very small and close veins, by reason of their fatness, so that the air and the breath can hardly have free course in them; and thereupon the natural heat wanting some refreshment of the air, is put out, and as it were quenched.

Why doth garlick and onions grow after they are gathered?

It groweth of the great humidity which is in them.

Why do men feel cold sooner than women?

Because that men being more hot than women, have their pores more open, and therefore the cold doth sooner enter in them than women.

Why are not old men so much subject to the plague, as young men and children?

They are cold, and therefore the pores are shut up, and not so open as in youth; and therefore the infecting air doth not penetrate so soon as when they are open, as in youth, by reason of heat.

Why do we cast water in a man's face when he swooneth?

Because that through the coldness of water, the heat may run to the heart, and so give strength.

Why are those waters best and most delicate which run towards the sun-rising?

Because they are soonest stricken with the sun-beams, and made pure and subtile, because the sun hath them long under him, and by that means takes off the coldness and gross vapours which they gather from the ground they run through.

Why have women such weak small voices?

Because their instruments and organs of speaking, by reason they are cold, are small and narrow; and therefore receiving but little air, causeth the voice to be small and effeminate.

Whereof doth it proceed that want of sleep doth weaken the brain and the body?

Much watching doth engender choler, which being hot, doth dry up and lessen the humours which conserve the brain, head, and other parts of the body.

Whereof doth it proceed that vinegar doth stench blood?

It proceedeth of its cold virtue, for all cold naturally is binding, and vinegar being cold, hath the like property.

Why is the sea water saltier in summer than winter?

It proceedeth from the heat of the sun, seeing by experience that a salt thing being heated becometh more salt.

Why do men live longer in hot regions than in cold?

Because they may be more dry, and by that means the natural heat is better conserved in them than in cold countries, because the cold doth extinguish the heat.

Why is well-water seldom or never good?

All water which standeth still in the spring, and is never heated by the sun-beams is very heavy, and hath much earthy matter in it; and therefore wanting the heat of the sun is naught.

Why do we sleep better and more at ease on the right side than on the left?

Because when we lie on the left, the lungs do lie upon and cover the heart, which is on that side under the pap. Now the heart, the fountain of life, being thus occupied and hindered with the lungs, cannot exercise its own proper operation, as being overmuch heated with the lungs lying on it, and therefore wanting the refreshment of the air, which the lungs do give it, like the blowing a pair of bellows, choaked and suffocated; but by lying on the right side these inconveniences are avoided.

Whereof doth it proceed that the holding of the breath doth cause yexing to cease?

Because the holding the breath doth heat the internal parts of the body. And this heat chafeth away the yex, being nothing else but a cold air within the body.

What

What is the reason that old men sneeze with difficulty?

Because that through their coldness their arteries are very narrow and close, and therefore the heat is not of force to expel the cold; for I think sneezing is like the combat in the air made by thunder, which is caused by heat and cold.

Why doth a drunken man think that all things about him doth turn round?

Because the spirits which serve the sight are mingled with vapours, fumes, and wine; and then the overmuch heat causeth the eye to be in a continual moving; and the eye being round, causeth all things about it seem to go round.

Wherefore doth it proceed, that bread which is made with salt is lighter than that which is made without it, considering salt is very heavy of itself?

Although bread is heavy of itself, yet the salt dries it, and makes it light by reason of the heat which it hath, which heat doth dry, and the more heat there is in it the better the bread is, the lighter and more wholesome for the body.

Why is not new bread good for the stomach?

Because it is full of moistness, and thick, and hot vapours, which do corrupt the blood, and hot bread is blacker than cold, because heat is the mother of blackness, and because the vapours are not gone out of it.

Why doth lettuce make a man sleep?

Because they engender gross vapours.

Why do the dregs of wine and oil go to the bottom, and those of honey swim uppermost?

Because the dregs of wine and oil are earthly and not purged before, and therefore being of the nature of earth do go to the bottom; but honey is a liquor, which cometh from the stomach and belly of the bee, and there is in some sort purified and made subtile; and by that means that which remains is light and hot, and therefore goes upwards.

Why do cats and wolves shine in the night and not in the day?

The eyes of these beasts are by nature more christaline than the eyes of other beasts, and therefore do shine as they do; but the brightness of the sun doth hinder them to be seen in the day-time.

What is the reason that some men when they see others dance, do the like with their hands and feet, or by some other gesture of the body?

The answer is, because the sight having carried and represented unto the mind that action, and judging the same to be pleasant and delightful, and therefore (desiring it) the imagination draweth the likeness of it in conceit, and stirs up the body by the gestures.

Why doth much sleep cause some to grow fat and some lean?

Those which are of ill-complexion, when they sleep, do consume and digest the superfluities of that they have eaten, and therefore become fat. But such as are of good complexion, when they sleep are much more cold, and so digest less.

How and for what cause do we suffer hunger better than thirst?

When the stomach hath nothing to consume, it consumeth the slegm and humours which it findeth more ready and most at hand; and therefore we suffer hunger better than thirst, because the heat hath nothing to refresh it withal.

Why doth the hair fall after a great sickness?

Where the sickness is long, as an ague, the humours of the head are dried up through overmuch heat, and therefore wanting nourishment they fall.

Why doth the hair of the eye-brows grow long in old men?

Because that through their age the bones of the eye-lids are thin, by reason of the want of heat, and therefore the hair doth grow there, by reason of the rheums of the eyes. The like doth happen in such as imagine much, because that with their heat they draw up many humours to the fore part of the head, where the imagination is placed.

Whereof proceedeth gaping?

Of gross vapours which occupy the vital spirits of the head, and the senses are cold, making them ready to sleep.

What is the reason that some flowers do open with the sun rising, and some with the sun setting?

Cold doth shut and close as hath been said, but the heat of the sun doth open and enlarge: some do compare the sun to the soul of the body; for as the soul giveth life, and when it departeth, death followeth; so the sun doth give

give life, and vivifies all things; the cold bringeth death, withering and decaying of all things.

Why doth grief cause men to grow old and grey?

Age is nothing else but a dryness, and want of humours in the body; grief then causeth alteration, and alteration heat, and heat dryness; age followeth immediately, and greyness.

Why are gelded beasts weaker than such as are not gelded?

Because they have lesser heat, and by that means lesser force and strength.

M. ANTON. ZIMARAS SANCTIPERTIAS'S
P R O B L E M S.

WHY is it esteemed in the judgment of the most wise the hardest thing to know a man's self?

It is because nothing can be known; its form and perfection cannot be found; to know the form and perfection of a man's self, as it cometh unto the philosopher, is a matter hard enough, and a man, by the authority of Plato, either is nothing, or if he be any thing, he is nothing but his soul. Or, is it because it cannot be done by a reflected action, and to reflect and look unto himself is a token that he is separated by the flesh; for he who would know himself should be drawn from sensible affections; and how hard this is, no man is ignorant of? Or, is it because a man liveth by understanding? But the understanding of a man cannot conceive himself, but after the understanding of senses, which is very hard.

Why was Socrates esteemed the wisest of all Greece by Apollo, seeing that, by the opinion of Aristotle, he was conversant and busied only about morality, and nothing about nature?

Whether it is because it is more expedient for the commodity and use of men to live well and contemplate; or because it seemeth to Plato that he was usually professed of him every where, I know one thing, that I know nothing.

Why do men especially contend and strive in things of wit?

It is because they think that other things which are called goods, are the power of another, as the gifts of the body are nature's, and external and worldly goods are subject

subject unto the rule of fortune; whereof it cometh to pass, that every man can easily suffer himself to be overcome in such things, as things not happening through his fault or occasion, but they think wit to be in their own power. Or, it is because they think that the goods of the mind do excel all other goods, and therefore do think it a thing most natural to contend for that which is most excellent. Or, it is because it is a common disease of all men, as it seemeth unto a certain wise man, that every man doth think himself more learned than he is, and therefore doth desire to perform that which he believeth, without study and labour.

Why do men say that philosophy is naked?

It is because truth is naked, and that there needs no colour of words when we hand a matter of truth; for it belongeth to sophisters to dispute of terms when the sincere truth is sought. Or, it is because they do not play the philosopher well, which seek philosophy for gain and ambition, and not for herself. Or, it is because he should be void from all worldly affections who desireth to endear himself in the study of philosophy; for Aristotle doth say, the soul is made wise by rest and quietness. And it were easy for philosophers to become rich, if they would, as it appeareth by the example of Thales.

Why do men desire to be had in memory after their death, and therefore some make pyramids, statues, images, and divers other tokens and monuments which they build and leave behind them?

It is because all things, as seems unto Aristotle, do desire to anticipate of some perpetuity and divine being, as much as they can; and therefore, if they cannot remain in nature and being, yet they endeavour at least to continue in the opinion and conceit of men. Or else, custom hath brought it in so, to stir up such as come after, to the end they should not degenerate from their parents.

What is the cause why mens desires grow without measure about fortune's goods?

It is because natural desires, as Seneca saith, have an end, and such desires which proceed of false opinion have no where to end.

Why do poets always assign and appoint some wise men to
be

be familiar with princes: as Homer doth Nestor with Agamemnon: Euripides, Tiresias with Creon: Hesiodus, Prometheus with Jupiter: and Maro, Achates with Æneas?

It is because that, by the law of nature, as Plato doth say, wisdom and power doth direct our actions to one end, and to effect the same thing, love it and seek it.

Why doth Homer, when he makes mention of ambassadors, talk always of the embassy of a commander in bare words?

It is because it is the duty of ambassadors to declare the bare will of the commander, and put his sentence in execution; and therefore, it is certain, he should add nothing; or else, it is because the commandant of him who doth rule, that is, of a wise man, is put into good order, and is presumed to be most perfect. And therefore there should be nothing changed; but his decrees and constitutions are to be judged absolute and perfect,

Why doth Aristotle use exceeding brevity in most hard matters?

Whether because it is the custom of wise men to load their words with sentences, or else to the end that he would be obscure, to fear and keep off rude wits from reading of his works, as it seemeth in the expositors; or, whether it is because that in a hard matter, and in a matter of truth, many words are suspected, because that truth doth consist in few words; or it is because it seemeth to wise men, in many words there is error often committed.

Why do famous men, in any science, when they do err in any matters, err more dangerously than those which are less famous?

It is because that such, trusting to the heat of their own wit, are drawn far from their own senses, and therefore must needs be deceived. Avicen may serve for a proof of this, who, for all his fame in philosophy, said, that a man might naturally be brought forth of the earth. And that great famous Averrois, who thought that a maid might conceive a child in a bath without knowledge of man.

Out of A R I S T O T L E.

Why is a man, being endued with reason, the most unjust of all living creatures?

It

It is because man only is desirous of honour, so it comes to pass that every one covets to seem good, and yet naturally shun labour, though he attains no virtue by it; or else, it is because the nature of a sophister is rather to seem, than to be and not seem; but very few do attain to true virtue.

Why do some in their youth beget girls, and in their middle age when old beget boys?

It is because the seed waxeth cold in such as use carnal copulation too often, and therefore in their middle age, when they grow tired, their seed is hotter, and so produceth males.

Why have children or boys pleasure in the act of venery, seeing they do not cast forth seed?

It is, as the philosopher saith, because there is certain ticklings in the letting out the spirit of breath, as it is in such as are of age by casting forth seed.

Why have those least pleasure who use the act of copulation often?

By often using carnal copulation the spirit and seed doth increase and wax cold, therefore not so itching or tickling, which is of delight.

Why doth immoderate copulation do more hurt than immoderate letting of blood?

It is because the seed is fuller of spirit and nutriment, better disposed and prepared for the nurture of the body than the blood; for, says Galen, the seed is the cause of the substantial parts of the body, and of it the body grows and is nourished. And he who is hungry is hurt more by taking away of bread than flour, so the body is more weakened by taking away seed than by evacuating blood.

What is the reason that those who have a very long yard cannot beget children?

Because the seed in going a long distance the spirit doth breathe out, and therefore is cold and unfit for generation.

Why do such as are corpulent cast forth little seed in the act of copulation, and are often barren?

It is because the seed of such goes to nourishing the body; for the same reason corpulent women have but few menses.

How come women to be prone to venery in the summer time, and men in winter?

It is because at that time his testicles hang down and are feebler than in winter; or else because hot natures become lively; for a man is hot and dry, woman cold and moist, and therefore in summer the strength of men decays, and that of women increases, and she grows livelier by the benefit of the contrary quality. And for the same reason some beasts of a cold nature ly in dens and holes, and through the frigidity of the air receive little or no nourishment, but revive again when heat comes.

How comes man to be the proudest of all living creatures?

Whether it is by reason of his great knowledge, or that (as the philosophers say) all intelligent beings having understanding, nothing remains that escapes man's knowledge in particular; or, it is because he hath rule over all earthly creatures, and all things seem to be brought to his arbitrement: Or, I shall answer, that the pride of man proceeds from his not knowing himself; for truly would he remember that he is but dust and ashes, came naked into the world, was born to earn his bread by the sweat of his brows, and after born to die, he would abhor pride.

How comes one man to understand one thing, and do another?

It is because there is in the same science contrary things; or because the office of the mind is to reach at many things, and the appetite tends to one only; and so a man chiefly lives by understanding and reason, but beasts are governed by appetite, anger, and pleasure.

How comes most womens wits unapt in good things, and most prompt to naughty?

Because of a privation, which seems to be coupled and joined to her nature; for as a woman is a man's hurt, so the faculty of a privation is always to do mischief.

Why do men say a woman's first counsel should be chosen?

Because, (as we see in things that want reason,) their actions and motions are guided to their proper ends by a superior power; for I think that is very true which is said, That there is a Providence which puts into a dishonest heart the desire of honesty, and in a poor man the desire of wealth, as far as sufficient. So a woman's understanding, though she knows not the reason of good and evil, is sometimes directed by an infallible truth to take some things in hand;

hand; but some things they undertake of themselves are to be let alone, as weak, and subject to many errors.

How comes it that women desire to go fine, and deck themselves, rather than men?

It is because by nature they are imperfect, so they endeavour to supply their imperfections by art; or else it is because they want the beauty of the mind, so study to adorn their bodies.

How comes it that a tall man is seldom wise?

By reason the largeness of his body proceeds from excess of heat, and abundance of humidity. Some wise men think the perfection, accomplishment, and goodness of the operation, is perfected by dryness, which doth always go and increase till it brings us to our end; for the constitution of the body originally sprung from the last humidity, but the vehemence and excess of heat overflows the judgment, and hinders quietude.

Why is a multitude of princes and rulers naught?

It is because if the government should dwindle into tyranny, it is better to be under the yoke of one than many; or because a multitude of rulers seldom regard the good of the public. Hence it proceeds, that if once they disagree, great evil is like to befall the commonalty; it is easier for one man to be well disposed than many; in the government of many, there wants not strife, debate, and envy, for which reason let there be but one prince at a time.

Why have beasts their hearts in the midst of their breast, and man inclining towards the left?

It is because it should moderate the cold on that side; for Aristotle says, man hath only the left side cold. Or, it is, as physicians say, because it should give place to the liver, which is on the right side.

Why doth a woman love that man best who had her maidenhead?

It is because that as matter doth covet a form of perfection, so doth a woman the male: Or, it is by reason of shamefacedness; for, as Plato saith, shamefacedness doth follow love. Or, because the beginning of great pleasure doth bring a great alteration in the whole, whereby the powers of the mind are much delighted, and stick and rest immovable in the same. Hesiod advises to marry a maid.

How

How comes the night in full of the moon to be somewhat warm, since the moon is cold by night?

Whether it is because the opinion of the peripateticks ought to be preferred. which says, every light heats in that respect it is reflected.

How is the night in autumn colder than in spring?

Because the air is very thin, and bodies that are rarified are very apt to receive heat or cold, as is seen in water; for water heated doth sooner freeze than cold.

How are bodies sooner hurt with cold in autumn than in spring?

Because the bodies which are accustomed to cold do in spring receive heat, and therefore the moving or mutation is natural, and not surprizing. But in autumn they hasten from heat to cold, not being accustomed. Galen says, Nature doth not endure sudden things.

Why are hairy people more lustful than others?

Because in them is supposed great store of excrements and feed, as philosophers assert.

How comes it that men who have small heads are naturally angry and testy?

Because when the head is little, the brain is so of course, the heat of the heart cannot be moderated with the heat of the brain, as it ought to be, and anger proceeds of the boiling of the blood about the heart through some vexation.

How comes the fundament of a man to close after he hath made water?

Because the air runs presently to fill that which is empty, and so the parts of the body are altered by the coldness of the air, which causes trembling.

Why have some men died through grief, some through joy, but more through anger?

Because joy cools the very inward guts; grief doth suffocate and choak the inward parts, and cool the outward; but anger heats both, while heat remains: life and nature doth so too, because the soul is counted the life and natural heat.

How doth the voice change in people when they begin to have seed?

Because that heat is the beginning of veins and blood, as Aristotle saith against the physicians; and thereupon

it raiseth that, because the change of the excrements of seed is made in the highest part of the body, the voice being above, makes it manifest: And thereupon it is that the voices both of men and women do change when they begin to have seed.

How comes it that when a pot full of boiling liquor is seething, yet the bottom is cold?

It is because the hot vapours ascend upward, and therefore when the uppermost water is hot, the bottom is cold, by reason of the coldness of the water adjoining to it.

Why is the grain which we find in the ants holes, gnawed at one end?

They are directed of nature to gnaw and consume that end where the virtue of seeding is, for fear it sprout again, lest, by the sprouting and growing, they would be deprived of the nutriment belonging necessarily unto themselves.

Why do children love their mother more frequently than their father?

It is because they take great pains with them, or because of the great certainty which they have of themselves.

Why is not the father as well beloved of the son as the son is of the father?

It is, because love does not go backward, but always forward; whence our desire neglects things past, and looks to things to come. Or, it is, because the father hath somewhat of his in the son, the son nothing of his in the father.

Why are asses more nimble when they are young, than at any other time?

Whether it is because their nature and constitution being melancholy, it is requisite there should be a temperance with the recompence of contrary qualities; for melancholy by nature is cold and dry, but when they are young, they are hot and moist. This also we see in melancholy children; some children are of great wit, before it be looked for, insomuch that you may hope and promise any thing in time to come, whose wit nevertheless, in progress of time, doth decay and fade. Be therefore, saith the Greeks, naught, to the end that thou mayst live, for the nature of such is most short.

Why be there no asses in Pontus and Scythia?

It

It is because their nature is most impatient of cold, as philosophers do say.

Why are clergymen and women most covetous?

It is because the habit of virtue is bred of many actions, and therefore seeing that priests want wives and children, they are forced on ways to spend their goods, and yet are accustomed to take and receive, and so become covetous; for such as every man's actions are, such doth he become. The nature of women is imperfect, and therefore they think it impossible fully to satisfy themselves; they gather together, and keep that by which they may help their need; and by industry and art they covet to obtain that which nature does not give them. And, for the same reason, I suppose, old men give themselves to covetousness; for being destitute of helps by age and nature, they grip after the goods of fortune, that with them they may provide for themselves against all wants.

Why do wounds grieve less in war than out of war?

It is because the powers of the soul bend another way; for, if our mind be strongly fixed on other matters, we do not see those things which are before our eyes; or, whether it is by reason of anger, which, as wise men say, doth heat the internal and external part; and, as Aristotle affirms, with the heat the soul works all things; and therefore it happens that the angry man grows but slowly whole after his wound, and therefore also doth less grieve and heat.

Why do we wonder at an eclipse of the sun and moon, and not at the generation of plants and beasts?

Whether it is because our admiration ceaseth in things that are usual, and our mind neglects to search out the truth in such things; or, that which happens seldom, doth stir us up to wonder, and induceth the understanding to search out the cause.

How comes it that the head-ach, dulness of memory, and an evil disposition of imagination, doth follow the long detaining of the seed?

It is because it doth hinder and make heavy the brain by excess of seed; or, because the seed long kept, gets some venomous quality, and therefore the fume and vapour of it doth hurt the head?

How is it that priests and monks fear and abhor death more than any men?

It is because they are by nature cold and melancholy; because they perceive themselves to perish utterly; for when they are out of this world, they neither continue in their own nature, nor in posterity,

Why though trees lose their leaves, beasts their hair, and birds their feathers, do they receive them again, when if a man become bald, his hair groweth no more?

It is because the time of the year doth bring that change of bodies; so that in the first change there floweth an interchangeable course one after another, and beasts receive their hairs, birds their feathers, and trees their leaves; but baldness cometh to a man through age, and nature giveth no coming again to age.

Why doth summer end all diseases?

If force and nature be strong, it shall find air most fit for resolution, digestion, and expulsion of superfluities; if weak, the heat doth overthrow it more. It doth loosen weak bodies, and therefore there cometh nothing but death unto the sick.

Why if a man put his hands into the water in summer, is he colder if the water be moved, than when it standeth still?

It is because that part of the water which toucheth his hands is hot by the heat of his hands; for every agent which doth communicate with the patient in the things whercon he worketh, in doing so doth suffer again, and the water being moved, it is necessary that the parts of it which are rarified be scattered abroad, and others more cold succeed them.

Why are some which have an evil complexion and constitution of body live longer than some others which are of a sanguine and better nature?

Whether it is through bad government and order; or because there is some hidden cause in those dispositions; for as Averrois saith, the number of the elements is infinite in works of nature, the which none besides the Author of nature doth understand.

What is the cause, that the suffocation of the matrix, which happens to women through strife and contention, is more dangerous than the detaining of the flowers?

Whether

Whether it is because that by how much the more an excrement is perfect, so long as it doth continue in its natural disposition, by so much the more it is worse when it is removed from that, and drawn to the contrary quality, as is seen in vinegar, which is the sharpest when it is made of the best wine: And so it happens, that the more men love one another, the more they hate when they fall to variance and discord.

Why doth the land which standeth still seem to move unto such as sail by sea?

It is because the nutriment of the sense of seeing is accidentally moved when the ship is moved, whereby the likeness and similitude of things is perceived and received with the moving.

Why do we love our sight above our senses?

It is because it both shews us the difference of things, and because its knowledge is more drawn from material substance: Or, it is because the divine force of love is placed in that sense, as Plato saith.

Why do we not judge a staff to be broken in the water, seeing it doth so appear in our sight?

Because we perceive by the sense of feeling and touching that the sight doth err: Or, because we do not judge with the same power, as we do imagine with. Thus the sun doth seem to be but a foot round; and, by a trick and moving of the finger, one finger doth seem two; yet we do not yield they be two.

Why do we put our hands over our eyes, when we would see any thing afar off?

Because the light should not be dispersed; and so those who have their eyes standing out, cannot see far; and contrary, such as have them hollow in their head can see far, because the moving of the sight is not scattered.

How do some people discern things near them, and not at a distance?

It is through the weakness of the sight, for in such the power of seeing is very weak; therefore they do not need a strong moving, as it is also in such as have their eyes standing out who cannot see far.

Why do such as would shoot a-right wink with one eye?

Because thereby the sight is more strengthened and united.

Why are such as have been long in the dark, if on a sudden they come into the light, half blind?

Because nature cannot endure those sudden mutations, or, because the spirit of the sight is small and weak, and therefore is glad of the light, and so dissolves when they come into the light. Or, because of the desire of that light they wanted before, which, when they behold too earnestly, their sight is weakened, as it happens in some who have a long time endured famine, and then eating greedily, take more than they can digest, and so perish.

Why can nothing be the cause of its own generation and corruption?

Because the mover must be before the thing moved, and the engenderer before the things engendered; for it is impossible for any thing to be before itself.

How come women's bodies to be looser, softer and their veins lesser than mens? And why do they want hair?

By reason of their menses; for with them their superfluities, which would produce hair, go away; and where the flesh is filled, consequently their veins are more hid than mens?

What is the reason that when we think upon an horrible thing we are stricken with fear?

Because the conceit, and thinking of things hath force and virtue: for Plato saith, the reason of things hath some affinity with the things themselves; for the image and representation of cold and heat, is such as the nature of the things are: Or, because when we comprehend any dreadful matter, the blood runs to the internal parts, and therefore the external parts are cold, and shake with fear.

Why doth a radish root help digestion, and yet itself remain undigested?

It is because the substance consisteth of divers parts, for there are some thin parts in it which are fit to digest meat, the which being dissolved, there doth remain some thick and close substance in it, which the heart cannot digest.

Why do such as cleave wood, cleave it easier in length than athwart?

Because in wood there is a grain, if it be cut in length, whereby, in the very cutting, one part draweth another fast by it?

What

What is the reason, that if a spear be stricken on the end, the sound cometh sooner to one which standeth near, than to him which striketh?

Because there is a certain long grain in wood directly forward, filled with air; but cross, or on the side, there is none: And therefore when a beam or spear is stricken on the end, the air which is hidden receiveth a sound in the aforesaid grain which serveth for the passage of the air, and therefore seeing the sound cannot go easily out, it is carried unto the ear of him who is opposite to him, and those passages do not go from side to side, and therefore a sound cannot be distinctly heard.

Why are there not famous men in every faculty in our age?

Because the nature of man decayeth in our age; and succession being corrupted, the progeny of our age is worse by birth: Or, it is because such are not esteemed of princes; for, take away the reward due unto virtue, and no man will embrace it; or, it is ordained by nature, that men do always complain of the present time?

Why are flatterers in great credit with princes?

Because they love themselves too much; immoderate love of themselves causeth them to admit flatterers, and to give them credit: Or, it is because they want the light of reason; for among birds, some through the corruption of their nature, delight in stinking meat, and whom the day doth blind, the night doth lighten.

Why have philosophers, for the most part, in these days, evil conditions?

Because they are esteemed of princes: Or, because of the philosophy itself, they are accused of crimes, and think therefore they are compelled to forsake virtue, and follow vice: Or else, deceived through error, they think they have snatched to themselves some of her rags; and therefore they are by us rather called sophisters, than philosophers, for certainly a philosopher should be of a stout courage in all respects, and in all fortunes; but as they would be honoured of princes, and their desire is not ruled by nature, but by error, they are thrust forward with streams of false credulity.

Why do such as are angry, wax pale in the beginning, and afterwards red?

It is through the desire of revenge for that which grieveth, that the heat and blood are called unto the heart, and therefore, of necessity, the external parts are pale; when they are determined to put that in execution which they desire, the heat and blood do run into the outward parts, and then they are greatly to be feared.

Why do serpents want a yard and stones?

Because they want thighs, therefore they want a yard and stones, and because of the length of the body.

Why can serpents turn their heads backwards, and the rest of the body stand still?

Because they are made of a winding composition, and have their joints flexible, and made of gristle; and also, that they may avoid all those things which hurt them, for having no feet, and being long in body, they cannot easily turn themselves, whilst they bow against those things which are behind them. It were to no purpose to lift up their head, if they could not exercise anger.

Why is a camelion changed into many colours?

The cause is to be referred unto the quality of the mind, for, being the slenderest of all four-footed beasts engendered of eggs, he is stark cold for want of blood, and through overmuch coldness he is of so many colours, for it is the property of fear to bind fast through want of blood and heat.

Why are the thighs and calves of the legs of men fleshy, seeing the legs of beasts are not so?

Because men only go upright, and therefore nature hath given to the lower part corpulency, and hath taken it away from the upper; and therefore the buttocks, thighs, and calves of the legs are fleshy.

Why are the sensible powers in the heart, yet if the hinder part of the brain be hurt, the memory payeth for it: if the fore parts, the imagination; if the middle, the cogitative part?

Because the brain is appointed by nature to cool the heat of the heart, wherefore, in divers of its parts, it serveth these powers and instruments of their heat; for every action of the soul doth not proceed from one measure of heat.

The PROBLEMS of ALEX. APHRODISEUS.

WHY doth the sun make a man black, and make dirt white ; and make wax soft, and dirt hard ?

By reason of the disposition of the substance that doth suffer. All humours, phlegm excepted, when they are heated above measure, do seem black about the skin, but die, being full either of saltpetre or salt liquor, when the sun hath consumed its dregs and filth, doth become white again, when the sun hath drawn and stirred up the humidity of the wax, it is softened ; but in dirt the sun doth consume the humidity which is very much, and so doth dry it and make it hard.

Why doth black choler, coming into the paps, cause a corrosion or gnawing ; and in those who are melancholy, it doth not, but flies into the brain ?

Because there are many great veins in the paps by reason of engendering milk, and therefore store of that humour doth run thither. But in the brain, because it is above, and also because it hath very small veins, small store of choler doth ascend, and which hath only power and force to prick, and not to gnaw and eat. Moreover the brain is hard and moist, whereby it is, after a sort, contrary to the disposition of black choler, which doth mortify it ; that therefore which is properly called black choler, doth breed an eating and gnawing canker in the paps. In the brain it doth breed a man fierce and melancholy ; but that which is not properly black choler, but melancholy humour, causeth a swelling only, which is like a canker, but doth not gnaw and eat, and doth also breed a quiet and peaceable melancholy.

For what reason will not the water run out of the bottom of a watering-pot, when we put our finger on the mouth of it, and the finger being taken away, it runneth presently ?

Because when the finger is taken away from the mouth of the pot, the air entering in doth thrust down the water, which of its own nature doth go downward, and so goeth out at the bottom. And this is the reason of all mechanical engines and instruments made to go by air and water, as clocks and hour-glasses made by water.

Why doth wine and water given out of season, to the sick
of

of an ague, cause a distemperance of the brain, when the water is cold, and the wine is hot?

The wine being apt to ascend, doth burn the brain at the time it is disturbed and distempered with the ague. And we see also many which are in health, if they use much wine, to be scarce well in their wits. But water doth stop the passages of the body, by which the spirits are dissolved, and so cause them to become thick and gross, and more corrupt and putrified, which breeds the ague. And oftentimes water being overcome by the ague, becometh its nourishment; as we see in a smith's forge, where a little water doth kindle the fire, and make it burn fiercer.

Why have women, children, and gelded men, shrill and loud voices?

Because that through the abundance of humidity their artery is not stretched wide; and therefore, as a small flute or pipe giveth a small slender sound, so does the aorta in them that is strait and narrow; for it is the property of heat to make wide and loosen, but eunuchs and women are cold.

Why are children stricken with a planet in summer time?

They are sick of a weak and lingering ague, and their eyes sink hollow in their head, and they become weak and feeble, and sleep very little; and some of them have a flux, because children are tender, and do easily suffer; and having great store of phlegm in the head, and that phlegm being overmuch heated, and also putrified, doth inflame the ague, whereupon the gristles of the brain are set on fire, and therefore they sleep little; and that fire descending by the arteries of the heart, and setting on fire the lively spirits, doth kindle an ague; and seeing that much choler arises of an ague, thereby it falleth out, that the choler gnaweth and eateth the belly. It is plain, that the cause of that alteration is in the brain, because that cooling medicines are applied unto the head, and such as are good to quench that fire. Some of riper years are sick of the same disease, that is, such as have slegm and choler heaped up into their head, which putrifies by the very breathing thereof, and, after a manner, the spirits are set on fire by the fiery air.

Why are round ulcers hard to be cured?

Because

Because they are bred of sharp-choler, which eats and gnaws, and because it doth run, for which reason it requires drying medicines, as physicians assert. Natural philosophers say, it comes to pass because there is the beginning where the mischievous imposthume doth begin; for in a circle there is neither beginning nor end. When they are burned by physicians, they do assume another kind of shape.

Why is honey sweet to all men, and yet seemeth bitter to such as have the jaundice?

Because they have much bitter choler all over their bodies, but it abounds with the tongue, whence it happens when they eat honey the humours are stirred, and the taste itself, when it hath found the bitterness of choler, causes an imagination that the honey is bitter.

Why have very angry men fiery eyes?

Because the blood about the heart is fervent, and the spirit hot, and so, being very subtile and pure, are carried upwards, and by the eyes, which are clear, they do shine, and have bloody vapours that ascend with them, which makes the face red, which Homer not being ignorant of, says, *And his eyes were like a burning flame?*

Why doth water cast upon serpents cause them to fly from us?

Because they are cold and dry by nature, having but little blood, and therefore fly from excessive coldness. And that they be of this quality is plain, because they seek for dens and secret places in the earth, as being warm; at sunset they shun the air, as being cold; and again in summer, because the bowels of the earth are cold, they find out the warmest places.

Why doth an egg break if it be roasted, and not if boiled?

The reason is, when moisture comes near the fire, it heats it too much, and so breeds much wind, which being pent up in a little, forceth its way out, and so breaks the shell. The like happens in tubs, or earthen vessels, when new wine is put in them. Too much flegm breaks the shell of an egg in roasting, the which doth happen in earthen pots too much heated; wherefore the common people wet an egg when they intend to roast it. Hot water, through its softness, doth separate its humidity by little

little and little, and so dissolves it through the thinness and passages that are in the shells.

Who do men in the act of carnal copulation, in a manner wink, and find a like alteration in all the senses?

Because that being overcome with the effect of that pleasure, they do comprehend it better, winking as it were with their eyes. They are not lifted up, nor do carry the wind abroad into the air with the senses, whereby they would discern those corporeal affections.

Why have some medicines of one kind, contrary force, as experience doth teach, mastick doth expel, dissolve, and so knit; vinegar both cools and heats?

Because there are some small invisible bodies of them, not by confusion, but by interposition; as sand moistened doth clog together, and seems to be but one body, though indeed there are many small bodies in sand. Since this is so, it is not absurd that contrary qualities and virtues should be hidden in mastick, and nature hath given the law to these bodies.

Why do our privities swell when we hurt one of our toes?

Nature caring for those things which belong to the body, hastes to assist the part grieved; and because she hath the most profitable and nourishing of all the humours, it is requisite when she doth descend to the toe with the blood, that those veins be filled which are about the privy members.

Why doth not nature give birds a bladder, or a receptacle for urine?

Because they do want much moisture to give the matter for feathers to grow, and that they do consume with the exercise of flying; neither do they piss at all, and when they drink they void very much dung.

Why have children gravel breeding in their bladder, and old men in their kidneys, and reins of the kidneys?

Because children have strait passages in the kidneys, and an earthy thick humour is thrust with violence by the urine from the fashion of the moon, even to the bladder, which hath wide conduits or passages that gives room for the urine and humour, whereof gravel is engendered, to wax thick and feat itself, as the custom of it is. In old men it is the reverse, for they have wide passages of the reins, back,

back, and kidneys, that the urine may pass away, and the earthy humour congeal and sink down; the colour of the gravel shews the humour whereof the stone comes.

Why, if the stone do congeal and wax hard through heat, (children are hot, and by the same reason it is done in old men, for there is not so much cold to be granted as there is in ice or snow, through which extreme cold the kidneys would perish) yet we use not contrary things to dissolve coldness, but light things, as parsley, fennel, and such like?

They say it falleth out that by excessive heat and scorching, the stones do crumble into sand, as in earthen vessels, which, when they are overheated or roasted, they become sand. And by this means it happens that small stones are voided together with sand in making water. Sometimes cold drinks thrust out the stone, the kidneys being stretched, and casting it out by a greater lask, and easing the belly of its burden. Besides, it often happens that an immoderate heat of the kidneys or of the reins of the back (through which the stone doth grow) is quenched with coldness.

Why is the curing an ulcer or boil in the kidneys or bladder very hard?

Because the urine being sharp, doth exulcerate the wound, while good and fit medicaments would cover the skin. Ulcers are harder to cure in the bladder than in the kidneys, because urine stays in the former, but runs away from the latter.

What is the reason that in bathing vessels the hot water, when it is stirred, seems the hotter to us, almost burning our bodies?

Because when we enter those sort of baths, the water itself doth suffer, that is, when the water heats our bodies it is made colder by us. We have learned, that whatever works in generation of corruption, the same (without all doubt) doth suffer: the water then being in some sort cooled, doth not heat alike, and we being accustomed to it, do not feel the heat as we did in the beginning, because it is diminished. If, by stirring the water, more heat is added, which neither hath yet wrought or suffered any thing of the body which is in it, that will seem very hot and scalding, in regard that it suffers by something, and so by degrees loses its heat, as the first did.

How is it, that whatsoever is moved, is hotter for it, especially in summer, when the heat of the sun is most violent?

This seems a contradiction to the other; for hot water did not seem hotter to us by moving. Therefore, it is a common thing for what is moist and principal in any thing, either in quantity or quality, to overcome and change that which is less and weaker; and that which is strong doth somewhat suffer again in doing. Wherefore the hot water, when it is very hot, sticking to the hot body, cools, and does not retain the same quality. The air then, which doth compass us about, being hot in summer, like the water compassing our bodies, is somewhat heated by us, who are hot through the season; it heats us as linen garments do, which being first cold, and then stirred that air which was before heated by us is driven away, and another not heated succeeds, and seems cold to us.

Why do those sores which breed in the ball of the eyes seem white, when they have less growing, and are cold, and others do not seem so that grow out of the ball?

Because through the ball of the eye the sight proceedeth, which is bright and clear; therefore, in the white of the eye, when the wound doth make thick that part of the covering which is like a horn, the spirit of the sight cannot issue out; hence it comes to pass (much of it being got together) it makes the wound light and clear, shewing it white; and, because of the quickness of the sight, the spirit cannot go out, it causes blindness.

Why doth chaff and straw keep water hot, and snow cold, which are seemingly contraries?

Because the nature of chaff wants a manifest quality; seeing therefore, that of their own nature, they can easily be mingled, and consumed with that which they are annexed unto, they easily also take the same nature unto them; and therefore, being put into hot things, they are easily hot, and do heat again, and keep hot; and, on the contrary, being made cold of the snow, and making the snow cold, do keep in its coldness. So wax and oil will easily be consumed, and made one with another thing, and doth help the quality which is mingled with them, as being made one with them.

Why doth the stars and heaven seem clearest in the bright winter time?

Because the air, either which doth compass us, or that which is highest, is made thin, and purged with winds and showers of rain, and by that means our sight doth see both further and clearer. The like is manifestly seen in running rivers; for such things as are in them are far better seen than in the thick standing puddle of water, where either nothing is seen, or confusedly.

Why have we oftentimes a pain in making water?

Because that sharp choler issuing out, and pricking the bladder of the urine, doth provoke and stir up the whole body to ease that part offended, and to expel the humour moderately. This doth happen mostly to children, because they have moist excrements, by reason of their often filling.

Why do nurses rock and move their children when they would have them to sleep?

To the end that the humours, being scattered by moving, may move the brains; but those of more years cannot endure this.

Why do some drunkards see double?

Because the muscles of the sight being more or less filled, and by the self-same means weak and feeble, do draw one eye upward, and the other downward, and by that means the beams do not look that way at once, but towards divers places and bodies; and therefore each of the eyes using a private office and duty of seeing, doth cause a double sight.

Why are boys apt to change their voices about fourteen years of age?

Because that then nature doth cause a great and sudden change of age; experience proveth this to be true, for at that time we may see that womens paps do grow great to hold and gather milk, and also those places that are above the hips, in which the young fruit should remain. Likewise mens breasts and shoulders, which bear then great and heavy burdens. Also their stones, in which their seed may increase and abide, and their privy members, to let out the seed with ease. Further, all the whole body is made larger and dilated, as the alteration and change of every part doth testify, and the harshness of the voice and hoarseness; for the rough artery, the wind-pipe, being made wide in the beginning, and the exterior and outward part within unequal to the throat, the air going out at the rough, unequal

and uneven pipe, doth become unequal and sharp, and after a sort hoarse, like unto the voice of a goat, wherefore it has its name *Bronchus*. The same doth happen to them unto whose rough artery distillation doth flow: it happens by reason of the drooping humidity that a light small skin filled unequally causes the uneven going forth of the spirit and air. Understand that the wind-pipe of goats is such by reason of the abundance of humidity. The like doth happen unto all such as nature hath given a rough artery, as unto cranes. After the years of fourteen they leave off that voice, because the artery is made wider, and reacheth its natural evenness and quality.

Why doth oil, being drank, cause one to vomit, and especially yellow choler?

Because that seeing it is light, and ascendeth upwards, it provoketh the nutriment in the stomach, and lifteth it up, and so the stomach being grieved, summoneth the ejective virtue to vomit, and especially choler, because that is light, and consisteth of subtile parts, and therefore it is the sooner carried upward; for when it is mingled with any moist thing, it runneth into the highest room.

Why doth not oil mingle with moist things?

Because that being pliant, soft, and constipate in itself, it cannot be divided into parts, and so cannot be mingled; neither if it be put on the earth, can it enter into it.

Why is water and oil frozen in cold weather, and wine and vinegar is hot?

Because that oil being without all quality, and fit to be compounded with any thing, is cold quickly, and so extremely, that it is most cold. Water being cold of nature, doth easily freeze when it is made colder than its own nature. Wine being hot, and of subtile parts, is not so soon cold, but vinegar being of most subtile parts, suffereth no freezing.

Why do contrary things in quality bring forth the same effect?

That which is moist is hardened, and abounds alike of heat and of cold. Snow and liquid doth freeze with cold; a plaister, and gravel in the bladder, are made hot with heat. The heat doth consume, and eat the abundance of moisture; but the cold stopping and shutting with its overmuch thickness, doth wring out the filthy humidity, like

as the sponge wrung with the hand doth cast out the water which it hath in the pores or small passages.

Why doth a shaking or a quivering seize us oftentimes, when any fearful matter doth happen, as a great noise or a crack made, the sudden downfall of water, or a great tree?

Because that oftentimes the humours being digested and consumed with time, and made thin and weak, all the heat vehemently, suddenly, and sharply flying into the inward part of the body, consumeth the humours which caused the disease. So treacle hath its effect, and many such like, which are hot and dry, when they are taken after concoction.

Why doth steel glasses shine so clearly?

Because they are lined in the inside with white lead, whose nature is shining, which being put to the glass, which is also shining, doth shine much more; and casting its beams through the passages of the glass, doth double that which is in the superficial parts of the glass, and without the body of the glass, and by that means the glass is very shining and clear.

Why do we see ourselves in glasses and clear water?

Because the quality of the sight passing into the bright bodies by reflection, doth return again by the beam of the eyes, as the image of him who looked on it. That qualities do go forth and pass from the face, as it is not absurd, they do shew which remain near unto trees, because they are wont to look green, for the green quality of green leaves passeth to the face of itself; likewise going unto the running water doth make it shew green.

Why doth hard dens, hollow and high places, send back the likeness and sound of the voice?

Because that in such places reflection returns back the image of a sound; for the voice doth beat the air, and the air the place, which the more it is beaten the more it doth bear, and therefore doth cause the more vehement sound of the voice; moist places, and as it were soft, yielding to the stroke, and dissolving it, give no sound again; for, according to the quality and quantity of the stroke, the quality and quantity of the voice is given, which is called an echo. Some do idly fable, that she is a goddess; some say that Pan was in love with her, which without doubt is false. He was some wise man, who did first desire to search

out the cause of that voice; and as they which love, and cannot enjoy their love, are grieved, so in like manner was he very sorry until he found out the solution of that cause: As Endymion also, who first found out the course of the moon, watching a night, and observing her course, and searching her motion, did sleep in the day-time, and therefore they do fable that he was beloved of her, and that she came to him when he was asleep, because she did give to the philosopher the solution of the course of herself. They say also, that he was a shepherd, because that in the desert and high places he did mark the course of the moon. And they give him also the pipe, because that the high places are blown with wind, or else because he sought out the consonancy of figures. Prometheus also being a wise man, sought the course of the star, which is called the eagle in the firmament, his nature and place; and when he was as it were wasted with the desire of learning, then at the last he rested, when Hercules did resolve unto him all doubts with his wisdom.

What is the reason that if you cast a stone into a standing water, it makes many circles; and not if the water be deep in the earth?

Because that the stone with the vehemence of the cast doth pursue and follow the water from every part of it, until the stone come to the bottom; but if there be a very great vehemency in the throw, the circle is the greater, the stone going down unto the earth causeth many circles. For first of all, it doth drive the overmost and superficial parts of the water into many parts, and so going down always to the bottom, again dividing the water it maketh into another circle, and this is done successively, until the stone resteth; and because the vehemency of the stone is slackened still as it goes down, of necessity the last circle is lesser than the first, because that with the stone, and also with the body, the water is divided.

Why do some think that laughter proceeds from the spleen, affirming that it is not like that they laugh as much, whose spleen is corrupted, as they whose spleen is sound, but say that such are very sad?

Truly, I think that the cause of laughter is accidental, and not properly the spleen; for, if it be sound and perfect,

it doth draw from the liver melancholy humours, whereof it proceedeth, that when the pure blood; without any dregs, doth go through the whole body, and also in the brain, it doth delight both nature and mind, and doth make men merry like unto wine, and bring them to a quietness and tranquillity, and so that of laughter is moved.

Why do not mules bring forth young ones?

Because they proceed of a divers kind of beasts, and so then the mixture of seed differing of quality and quantity, begets a certain other thing; besides, that which is first doth mar and abolish the nature of those things which were last, as the mingling of white and black, abolishing the colour of excrements, breedeth another colour which is dark and dun, which is none at all of the extreme; therefore the engendering quality is abolished, and the aptness of receiving form.

Why are such as are deaf by nature dumb?

Because they cannot speak and express that which they never heard; some physicians say, that there is one knitting and uniting of sinews belonging to the like disposition. But such as are dumb by an accident, are not deaf at all, for then there ariseth a local passion.

Why do not swine cry when they are carried with their snouts upwards?

Because that above all other beasts they bend more than others to the earth. They delight in filth, and that they seek, and therefore in the sudden change of their face, they are as it were strangers; and being amazed with so much light, do keep silence; some say the wind-pipe doth close together by reason of the straitness of it,

Why do swine delight in dirt?

As the physicians say, they are naturally delighted with it, because they have a great liver, in which desire is; the wideness of their snout is the cause, for he hath smelling which doth dissolve itself, and as it were strive with stench.

Why doth itching arise when an ulcer doth wax whole, and flegm cease?

Because the part which is healed and made sound doth pursue the relick of the humours which remaineth there against nature, and which was the cause of the boil, and so

so going out through the skin, and dissolving itself, doth originally cause the itch.

Why are those diseases and accidents longest and most grievous which molest one eye, and not both?

For two reasons; first, because a running fluxion is heap'd up at one eye only; for whatsoever is divided into many, is weaker than when entire, and of a lesser force; secondly, because, when the whole eye doth make any motion, it often obliges the ailing eye to move too, and the help for any diseased part consists in quietude.

How comes a man to sneeze oftener and more vehemently than a beast?

Because he uses more meats and drinks, and of more different sorts, and that more than requisite, which, when he cannot digest as he would, he doth gather together much air and spirit, by reason of much humidity, the spirits being then very subtile, ascending into the head, often forces a man to void it, and so provokes sneezing. The noise caused thereby proceeds from a vehement spirit or breath passing through the conduits of the nostrils, as belching does by the stomach, or farting by the fundament, the voice by the throat, and a sound by the ears.

How comes the hair and nails of dead people to grow?

Because the flesh rotting, withering, falling away, that which was hidden about the root of the hair doth now appear, and causes an imagination that the hair doth grow; some say it grows indeed, because the dead carcases are dissolved in the beginning to many excrements and superfluities, by reason of the putrefaction which comes to them. These going out at the uppermost parts of the body by some passages do increase the growth of the hair.

Why doth not the hair of the feet grow presently grey?

Because that through great motion they disperse and dissolve the superfluous phlegm that breeds greyness. The hair of the secrets doth grow very late, because of the heat of that place, and because that in carnal copulation it does dissolve the phlegm also.

Why do many beasts wag their tails when they see their friends, and a lion and a bull beat their sides when they are angry?

Because they have the marrow of their backs reaching

to the tail, which hath the force of motion in it, the imagination acknowledges that which is known to them, doth force them to move their tail, as men do their hands. This doth manifestly shew some secret force to be within them, which doth acknowledge what they ought. In the anger of lions and bulls, nature doth consent to the mind, and causeth it to be greatly moved, as men do sometimes when they are angry, beating their hands on other parts; when the mind cannot be revenged on that which doth hurt, it presently seeks out some other solace, and cures the malady with a stroke or blow.

Why, if you put hot burnt barley upon a horse's sore, is the hair which grows upon the sore not white, but like the other hair?

Because it hath the force of expelling, and doth wipe away and dissolve the excrements of phlegm, as likewise all unprofitable matter that is gathered together through the weakness of the parts, or crudity of the sore.

Why doth hair never grow on an ulcer or a boil?

The reason is, a man hath a thick skin, as is seen by the thickness of the hair; and since the scar is thicker than the skin itself, it stops the passages from whence the hair should grow. Horses have thinner skins, as is plain by the thick hair; therefore all passages are not stoppt in their wounds and sores, and after the excrements which were gathered together have broke a passage through those small pores, the hair doth grow.

What is the reason that such as are bitten with a snake, if they are thirsty, quench it by drinking of treacle, which is hot and dry?

I say then, it doth not quench thirst solely by its own quality, but by some mutual sympathy and consent, and natural reason. It is a kind of counter-poison, and a preservative too, being composed of divers sorts of herbs that have some kind of agreement with all the parts of the body, as dictamnium, dittanger, or ginger, hath a proportionable conservative of the heart; agrimony or liver-wort with the liver; stone-wort or finger-fern with the spleen; parsley with the mouth of the belly; hyssop with the lungs; elicampagne with the reins of the back; rue with the neck; bitterworth the brain; and filer montanum with the bladder.

der. Every one of these drawn as it were with the sweetness of honey, doth draw that which is best for his safety; among all of these the blood of some vipers is mingled, which hath a certain natural disaffection, which we call antipharmicum, a contrary of all natural qualities against every venomous beast and corruptible creature. These being distributed into every part, they suffer nothing to work that effect which doth threaten corruption, for they do resist, like lawful soldiers who have taken arms for the defence of their country.

Why is fortune painted with a double forehead, one side bald, and the other hairy?

The baldness signifies adversity, and hairiness prosperity, which we enjoy when it pleases her.

Why have some commended flattery?

Because flattery setteth forth before our eyes what we ought to be, though not what we be.

Wherefore should virtue be painted girded?

To shew that virtuous men should not be slothful, but diligent, and always in action.

Why did the ancients say it was better to fall into the hands of a raven, than a flatterer?

Because ravens don't eat us till we be dead, but flatterers devour us alive.

Why have cholerick men beards before others?

Because they are hot, and their pores large and wide.

How comes it that such as have the hickup do ease themselves by holding their breath?

The breath retained doth heat the interior parts of the body, and the hickup proceeds from nothing but cold.

How comes it that old men remember well that which they have seen and done in their youth, and forget such things as they see and do in their age?

Things learnt in youth have taken root and habitude in the person, but those learnt in age are forgotten, because the senses are weakened in them.

What kind of covetousness is best?

That of time, when it is employed as it ought to be.

Why is our life compared to a stage-play?

Because the dishonest do occupy the place of the honest, and the worst sort the room of the good.

Why

Why do dolphins, when they appear above the water, denote some storm or tempest approaching?

Because that at the beginning of the tempest there do arise from the bottom of the sea certain hot exhalations and vapours which heat the dolphins, causing them to rise up and seek for cold.

How are things more quiet in the night than in the day?

The motion of the air, and the coldness of the night, is the cause thereof, which coldness continues and hinders the motions.

How come the Romans to call Fabius Maximus the target of the people, and Marcellus the sword?

Because the one adapted himself to the service of the commonwealth, and the other was very eager to revenge the injuries of his country; and yet they were in the senate joined together, because the gravity of the one would moderate the courage and boldness of the other.

Why does the shining of the moon hurt the head?

Because it moves the humours of the brain, and cannot afterwards resolve them.

If water do not nourish, why do men drink it?

Water causes the nutriment to spread through the body.

Why is sneezing good?

It purgeth the brain, as milk is purged by the cough.

What is the seat of the affections of the body?

Joy dwelleth in the spleen, anger in the gall, fear in the heart, and lechery in the liver.

Why is hot water lighter than cold?

Because boiling water hath less ventosity, and is more light and subtile, the earthy and heavy substance being separated from it.

How comes marsh and pond-water to be evil?

By reason they are phlegmatick, and do corrupt in summer time, the fineness of water is turned into vapours, and the earthiness doth remain.

Why be studious and learned men soonest bald?

It proceeds from a weakness of the spirits, or because warmth of digestion causes phlegm to abound in them.

Why doth too much watching make the brain feeble?

Because it increaseth choler, which dries and extenuates the body.

How are steel glasses better for the sight than others?

Steel is hard, and doth present unto us more substantially the air that receiveth the light.

How doth love shew its greatest force, by making the fool to become wise, or the wise become a fool?

In attributing wisdom to him that hath it not: for it is harder to build than to pull down; and ordinary love and folly are but an alteration of the mind.

How comes too much labour to be bad for the sight?

Because it dries the blood too much.

Why is goats milk counted best for the stomach?

Because it is thick, not slimy, and they feed upon bought and wood rather than grass.

Why do grief or vexation bring grey hairs?

Because it dries, and age is nothing else.

How is he the most merry that hath the thickest blood?

The blood which is fat and thick makes the spirits firm and constant, wherein consists the force of all creatures.

In your opinion which is hardest, to obtain the love of a person, or to keep it when obtained?

To keep it, by reason of the inconstancy of man, who is quickly angry, and soon weary of a thing; hard to be got, and slippery to keep.

Why do serpents shun the herb rue?

Because they are cold, dry, and full of sinews, but the herb rue is of a contrary nature.

How comes a capon better to eat than a cock?

The capon loses not its moisture, because he does not tread the hens, and therefore is better.

Why do we smell a thing less in the winter than in the summer.

Because the air is thick, and less moveable.

How comes hair to burn so quickly as it does?

Because the hair is dry and cold.

Why is love compared to a labyrinth?

Because the entry and coming in is easy, and the going out impossible, or very hard.

T H E E N D.

ARISTOTLE'S LAST LEGACY,

Unfolding the
MYSTERY OF NATURE
IN THE
GENERATION OF MAN.

TREATING,

- | | |
|--|--|
| I. Of Virginity, its Signs and Tokens, and how a Man may know whether he hath married a Virgin or not. | VI. Of Barrenness, with Remedy against it; and the Signs of Insufficiency both in Men and Women. |
| II. Of the Organs of Generation in Women, with a Description of the Womb. | VII. Directions to both Sexes how to manage themselves in the Act of Coition, or their Venereal Embraces. |
| III. Of the Use and Actions of the Genitals in the Work of Generation. | VIII. A Vade-Mecum for Midwives and Nurses; containing particular Directions for the faithful Discharge of their several Employments. |
| IV. Of Conception; and how to know whether a Woman has conceived, and whether of a Male or Female. | IX. Excellent Remedies against all Diseases incident to Virgins and Child-bearing Women: Fitted for the use of Midwives, Nurses, &c. &c. |
| V. Of the Pleasure and Advantage of Marriage; with the unhappy Consequences of unequal Matches, and Miseries of unlawful Love. | |



L O N D O N :

Printed for the BOOKSELLERS.

M D C C LXXXIV.

I N T R O D U C T I O N.

WHEN the Almighty Architect of the world had formed the heaven in the beginning, and laid the foundation of the earth, and by his blessed Spirit moving upon the abyſs, had created a fair and beautiful world, out of a rude maſs and undigeſted chaos, and by his powerful fiat had brought into being all the ſeveral ſpecies of vegetables and animals, and given even to the plants and vegetables to have ſeed themſelves for the producing their ſeveral kinds or form, and to the animals (which he created male and female) the power of propagating their ſpecies, and had adorned the world with all thoſe beautiful and glorious embellishments, that his omnipotent wiſdom and goodneſs ſaw fit and requiſite for that great gueſt he deſigned to bring into it; he at laſt created man as a microcoſm, or leſſer world, to be lord of this greater world, not with a bare fiat only, as he did the reſt of his creatures, but called (as it were) a council of the ſacred Trinity about it, ſaying, Let us make man in our own image, after our own likenefs, &c. as the divine hiſtorian expreſſes: ſo that man, in his original, is a ray of the divinity, and the very breath of the Almighty; and therefore it is ſaid, God breathed into his noſtrils the breath of life, and he became a living ſoul. Man being thus created, and made lord of the world, had in himſelf at firſt both ſexes, for the text tells us, Male and female created he them, and called their name Adam: but yet till Adam was divided he was ſtill alone; and every creature had a mate, he was lord of all; ſo that in paradise itſelf he ſeemed to be unhappy wanting a meet help; and therefore his munificent Maker, reſolving to make him completely happy, divides himſelf from himſelf, that by a more agreeable conjunction he might be united to himſelf again; and ſo of a part of himſelf was formed Eve, whom Adam having never ſeen before, by a ſympathy of nature, preſently called, bone of his bone, and fleſh of his fleſh; and Adam having thus found a meet help given him by his Creator, he was now completely happy, and being bleſſed by the Almighty, had this law alſo given him, to increaſe and multiply; he being endowed with a natural propenſion thereunto, and the woman having a plaſtic power given her by nature of the formation of the embryo. This natural inclination and propenſion of both ſexes to each other, with the plaſtic power of nature, is only the energy of the firſt bleſſing and command of the Almighty, which to this day upholds the world.

The mystery of the generation of that noblest piece of creation Man, and the unfolding of the plastic power of nature, in the secret workings of generation, and formation of the seed in the womb, is the subject of the following treatise: a subject so necessary to be known by all the female sex (the conception and bearing of children being that which nature has ordained their province) that many for want of the knowledge hereof perish, with the fruit of their womb also, who, had they but understood the secrets of generation displayed in this book, might have been still in the land of the living.

'Tis therefore for the use of such that this treatise is compiled; wherein the mystery of generation is not only unravelled, and the abstruse secrets of nature made known, but the obstructions and hindrances of generation are declared, and proper remedies against all the effects of the womb directed.

If any say there are already books enough of this nature extant; I answer, there are indeed more books of this kind written than can be read by those that most want them; some are so voluminous, that to read them takes up more time than most can spare; and besides, are written in those abstruse terms, that the female sex (I mean the generality of them) can hardly understand; whereas this is adapted to their capacities, and suits to their leisure time, consisting of plainness and brevity. And if the last words of men ought to be most heeded, as being the truest index of their minds, and their most correct thoughts, I need not doubt but that Aristotle's last Legacy will find acceptance, his other works, not so correct as this, having been well received. I have no more to say, but that I hope the reader will make the good use of it, and receive that benefit by it which was designed by the writer.

E c 2

ARISTOTLE'S

ARISTOTLE'S LAST LEGACY,

Fully unfolding the MYSTERIES of NATURE in
the Generation of Man.

C H A P. I.

Of Virginity, what it is, its Signs and Tokens, and
how a Man may know if he marries a Virgin.

THE great Maker of the universe, that gives all creatures life and being, and a power in themselves to propagate their kind, even to the end of the world, has to that end created them male and female, and these of contrary qualities; for in this noble pair, man and woman, the man is hot and dry, the woman cold and moist; and these two different qualities uniting, are ordained by nature for the procreation of children, the seed of the man being the efficient cause, and the womb of the woman the field of generation, wherein the seed is nourished, and the embryo formed, and in due time brought forth.

Since women then have so great a part in the generation of man, I shall endeavour to shew how nature has fitted her for it; and because a knowledge of the disease is half the cure, I will give a brief description of the several parts or members of generation, that so if, at any time, any part be effected or out of order, it may be sooner rectified: And altho' I must use plainness, yet I hope to do it so as not to cause a guilty blush in the cheek of the fair sex.

And since the first state of woman is virginity, order and method require that I speak something of that; and in speaking on it, I will first shew what it is, and then lay down some signs and tokens of it, how it may be known, and then proceed to what I have before promised.

Virginity is the boast and pride of the fair sex, though they generally commend it to put it off, and that they may the sooner get a good husband, and thereby lose it: And I think they are in the right; for, if they keep it too long, it grows useless, or at least abates much of its value; a stale virgin being looked upon like an old almanack out of
date.

date. Virginitie is the chief, the best, the prime of any thing, and is properly the integrity of woman's privities, not violated by man, or known by him, it being the property of a virgin not to have known man. But to come a little more close; there is in young maidens, in the neck of the womb, a pendulous production called the Hymen, which is like the bud of a rose, half blown, and this is broke in the first act of copulation with a man, and from thence the word *defloro*, to deflower; because the taking away of virginity is called deflowering a virgin; for when this rose-bud is expanded, virginity is wholly lost. Certain it is, there is in the first act of copulation something which causeth pain and bleeding, which is an evident sign of virginity; but what this is, authors agree not: Some say it is a nervous membrane, or thin skin, with small veins, which bleed at the first penetration of the yard; others say, it is four caruncles, or bits of flesh, or little buds like myrtle-berries, and these are plump and full in virgins, but hang loose and flag in those that have used copulation: Some have observed a fleshy circle about the nymphae or neck of the womb, with little obscure veins, which make the membrane not to be nervous, but fleshy,

There is no doubt but that the part which receiveth the yard is not in women that have used a man, as it is in virgins; and yet it is not alike in all, which hath caused diversity of opinions both in authors and anatomists; for this is not found in all virgins: Excess of lust, and desire of a man, in some, may break the hymen, or claustrum virginale; sometimes when it itcheth, they put in their finger, and so break it; sometimes the midwives break it in the birth; and sometimes it is done by stopping of the urine, coughing, violent straining, or sneezing; and therefore, if there be no bleeding at the first penetration, it is not always a sign of unchastity; but where there is bleeding, it is an unquestionable sign of virginity.

Leo Africanus makes mention of a custom of the Africans at their weddings, which was this: After they were married, the bridegroom and the bride were shut up in a chamber, whilst the wedding dinner was preparing; and an old woman stood at the chamber door to receive from the bridegroom a sheet, having the bloody tokens of the

wife's virginity, which she shewed in triumph to all the guests, and then they might feast with joy; but, if there was no blood to be seen, the bride was sent home with disgrace, and the disappointed guests went home sadly without their dinner. But notwithstanding the African custom, I affirm that some honest virgins have lost their maidenheads without bleeding, and therefore are not to be censured for want of this token, as some ignoient men may do, and cause their wives to lead an uncomfortable life all their days, fancying themselves to be cuckolds, when there is no such matter.

Some make the straitness of the privities to be a sign of virginity; but this is no certain rule, for much depends upon the age, habit of body, and other circumstances: Though it cannot but be acknowledged, that women that have used carnal copulation are not so strait as virgins, yet this can be no certain argument of virginity; for, after repeated acts of venery, the privities may be made so strait by the use of astringent medicines, that a whore may be sometimes taken for a virgin. Culpepper mentions a woman that desiring to appear a virgin, used a bath of comfrey roots, whereby she deceived those with whom she had to do.

Some make milk in the breast a sign of lost virginity; not considering there is a twofold milk, the one of virgins contrary to nature, the other natural: The first is made of blood that cannot get out of the womb, and so goes to the breasts, being nothing but a superfluous nourishment that is turned into the milk by the faculty of the breasts, without knowledge of a man; the other is only when there is a child either in the womb, or born: And the milk differs very much, both in respect of the blood and diversity of veins that bring it to the breast; and though both are white, yet that of virgins is thinnest, less in quantity, and not so sweet; and therefore, if virgins happen to have such milk, they are not for that reason to be deemed unchaste.

Upon the whole, when a man marries, and finds, upon lying with his wife, the tokens of her virginity, he has all the reason in the world to be satisfied he has married a virgin; but if, on the contrary, he finds them not, he

has

has no reason to suspect her of unchastity, as if she were not a virgin ; since the Hymen, or claustrum virginale, may be broken so many other ways, and yet the woman be both virtuous and chaste.

And thus much I thought myself bound to say in the behalf of the female sex, who are often accused and suspected of dishonesty, when there is no occasion for it.

C H A P. II.

Of the Organs of Generation in Women, with a Description of the Fabric of a Woman.

IN describing the organs of generation in women, I shall use all possible plainness and perspicuity, and shall not be afraid, to speak, so as I may be understood by the meanest capacity, since I design nothing but the instruction of the ignorant, for their own safety ; and shall say, with the motto of the royal garter, *Honi soit qui mall y pense*.

In the genitals of women there are several parts which must be distinctly spoken to : That which appears to view at the bottom of the belly is the *fissura magna*, or the great clift or scissure of an oval form, with its hair about it, also the lips, which nature designed to keep the internal parts from cold and dust ; these are called by the general name of *puenda*, from shame-facedness, because a woman is ashamed when those parts are discovered or made bare. The *fissura magna* reaches from the lower part of the *os pubis*, near to the *anus* : but it is closer in virgins than in those who have born children, and has two lips, which towards the *pubis* grow more full and thick, and meeting upon the middle of the *os pubis*, make that rising hill called *mons Veneris*, or the mount of Venus.

The next thing is the *nympha*, or wings, which appear when the lips are severed, and are framed of spungy or soft flesh, of a red colour, two in number, joined in an acute angle, producing there a fleshy substance composing the *clytoris*, and both in form and colour resembling the comb of a cock.

The *clytoris* is a finewy and hard body, full of spungy and

and black matter within; and in form represents the yard of a man, and is subject to erection and falling as that does, This is that which is the seat of venereal pleasure, and gives women delight in the act of copulation; for without this, a woman neither desires coition, nor hath pleasure in it, nor conceives by it. The clytoris sometimes grows out of the body two inches, but this very seldom happens. And some think that hermaphrodites, or those that have the genitals, are only such women in whom the clytoris hangs out extremely, and so resembles the form of a yard; and I am almost inclined to be of their opinion, especially considering that the hanging out of the clytoris, is generally occasioned through extreme lust; and both reason and authority demonstrate that the higher the clytoris is in women, the more violent are their desires carried after coition, and consequently the more lustful.

In the fourth place, under the clytoris, and above the neck of the womb, are the fleshy knobs, or caruncles, placed behind the wings, and are like myrtle-berries placed one against another, in which place is inserted the orifice of the bladder, for the passage of the woman's urine: so that the urine of the woman comes not through the neck of the womb, neither is the passage of the urine common as in men, but particular by itself.

Near the orifice of the womb, as I said before, there are the caruncles, or fleshy knobs, in number four, in form like myrtle-berries: In virgins these are round and plump, but in women that have used copulation, they are loose and flaccid, and often quite extinguished, so that the inside of the neck of the womb appears smooth; the uppermost of them is largest and forked, the others are below this on the sides, but they all serve to keep back the air, or any offensive thing, from entering the neck of the womb. These caruncles or knobs are joined together by a thin or finewy skin or membrane, full of small veins; this membrane hath a hole in the midst for the passage of the monthly courses, about the bigness of the top of one's little finger, in such as are in years fit for marriage; this is that noted skin called Hymen, of which I have spoken in the former chapter, and which is a certain sign of virginity where-ever it is found, for the first act of copulation surely breaks

breaks it; though it may be broken without the act of copulation, but it is most generally broken by it.

Authors have been of divers opinions concerning this hymen or mark of virginity; some affirming it to be one thing and some another; but whatever it be, this is an undoubted truth, that it hath certain veins in it which bleed in the breaking, and that bleeding shews it to be then first broke, and consequently the person to be a virgin; and I do believe, that all virgins have it at first, it being the mark that God gave to the Hebrews to try their virginity by; and I cannot believe God would give that for a certain sign of virginity which is not always to be found, and though it may be broke without copulation, yet young maidens ought to be very chary of it, since their honour does so much depend upon preserving it. For men are not bound to believe it was broken by accident, tho' perhaps it might be so: to which end they ought to correct and expel all sharp and corroding humours which sometimes gnaw it asunder, and also to avoid all violent exercises which may overstrain them, and by all means touching it with their fingers. I have in the former chapter told you, that the caruncles or fleshy knobs, together with the Hymen, represent the form of a half blown rose, from whence to describe a virgin had its original.

The next thing to be spoken of is the neck of the womb, which is nothing but the distance that is between the privy passage and the mouth of the womb, into which the yard goes in the act of copulation; which in some women is eight inches in length: its substance without is fleshy, but within skinny, and exceedingly wrinkled, that it may the better retain the seed ejected in the act of copulation, and also that it may dilate and stretch in the woman's labour, and the passage may be the wider for the birth of the child. The length of the neck of the womb is very necessary for two reasons: first, that it may be filled with abundance of spirits, and there be dilated, for its better taking hold of the penis or yard, great heat being required in such motion; which becoming more intent or requisite by the act of friction, consumes a great quantity of moisture, which there ought to be large vessels to supply: secondly, Because the terms or monthly courses make their way through them:
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on which account women with child sometimes continue their purgations; for although the womb be shut, yet the passage in the neck of the womb, through which these vessels pass, is open.

I will only further observe, that as soon as man penetrates the pudendum, there appears two little pits or holes; these contain an humour, which being pressed out in the time of copulation, gives great delight to a woman.

Having thus spoken of the organs of generation in women, I will now describe the fabrick of the woman.

The womb is joined to its neck in the lower part of the hypogastrium, and is placed between the bladder and the strait gut. Its parts are two, the mouth of the womb, and the bottom of the womb: The mouth or entrance may be both dilated and contracted, much like a purse; for though in the act of copulation it be big enough to receive the glans, nut, or top of the man's yard, yet after conception it is so close shut that it will not admit the point of a bodkin to enter; and after this, at the time of delivery, it dilates itself again so wide, that it makes room enough for the child to come forth; which is so wonderful a thing, that all men must acknowledge that the wisdom and goodness of our great Creator is eminently to be seen in it.

Its figure is almost perfectly round, and in virgins doth not exceed the bigness of a walnut; yet after conception it dilates itself gradually, so that it is able both to contain the child and all its appurtenances.

It is thick in substance, insomuch that it exceeds a thumb's breadth, which after conception is so far from decreasing, that it augments very much; and to strengthen it the more, it is interwoven with *flores* over-thwart, which are both strait and winding, and its proper vessels are veins, arteries, and nerves; among which there are two little veins, which pass from the spermatic vessels to the bottom of the womb, and two larger from the hypogastrics, which touch both the bottom and the neck; the mouth of the veins piercing at far as the inward cavity.

Also the womb hath two arteries on each side of the spermatic vessels, and the hypogastrics, which still accompany the veins; also divers little nerves that are knit

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and entwined in the form of a net, and extended to the pudenda, placed chiefly for sense and pleasure, moving by way of sympathy between the head and the womb.

The stones and testicles in women differ in several respects from those of men; and that in relation to their place, form, figure, &c. As to the place, in men they are without the belly, in women within; in men they are oval, and have four skins, to preserve them from injuries; in women they are depressed and flattish, and have but one skin: Their substance also is more soft than those of men, and their temperature is colder. Their office is to contain the ovum or egg, according to our modern authors: But the ancients were of opinion, that they served to concoct the woman's seed, and had the same office in women as the stones have in men. But as this of the woman's having seed is strongly opposed by some, and as strongly contended for by others; I will therefore set down the opinions of both, having first made an end of the description of the several parts belonging to the organs of generation in women, which is what I am now upon.

I come now to speak of the spermatic vessels in women, which are divided or distinguished by preparing vessels, and carrying vessels; the preparing vessels are the same in number as in men, which are four, two veins and two arteries, not differing from those in a man, but only in their largeness and manner of insertion; the right vein issuing from the trunk of the vena cava (which is the great vein that receives the blood from the liver, and distributes it by branches to all the body) under the emulgent vein, which is one of the chief branches of the hollow veins passing to the reins; but the left springeth from the emulgent of the same side. Both the arteries issue from the great artery called Aorta, because it is the noblest and mother of all the rest. These preparing vessels are much shorter in women than in men, because their passage is shorter; the stones of a woman, as I have already noted, lying within the belly, but those of men without; but then what they want in length, they have in their various wreathings and contortions, which are more than in men, that the substance they carry may be the better prepared; and therefore, their often turning
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to and fro, and winding in and out, makes amends for the shortness of the passage. Observe also, that these vessels are not united, as they are in men, before they come to the stones, but are divided in two branches, whereof the greater only goeth to the stones, and the lesser endeth in the womb, both for the nourishment of itself and the infant, and that part of the courses may pass through these vessels: These spermatic veins receive the arteries as they pass by the side of the womb, and so there is a mixture between the vital and natural blood, that thereby the work of generation might be better wrought. And thus much for the preparing vessels.

The carrying vessels, called *vasa deferentia*, (that is, vessels which carry the seed from the stones to the seminal vessels) arise from the lower part of the testicles, and are in colour white, but in substance sinewy; they pass not straight to the womb, but are wreathen, that the shortness of the way may be compensated by their various turnings and windings; and as they come next to the womb, they grow broader.

The ejaculatory vessels are two passages on each side of the womb, and hardly differ in substance from the spermatic veins; they rise from the bottom of the womb, but reach not either to the stones, or any other part, but are shut up and impassable, adhering to the womb as the collar does to the hind gut, winding half way about. Although the stones are at a distance from them, and do not so much as touch them, yet are they fastened to them by certain membranes, much resembling the wings of a bat, through which certain veins and arteries that pass from the end of the testicles have their passages, proceeding from the corners of the horns of the womb, to the testicles, being the proper ligaments by which the testicles and the womb are knit together; and these ligaments in men are called the cremasters, which are the muscles that hold up the stones, of which I shall speak further, when I treat of the organs of generation in man.

C H A P. III.

Of the Use and Action of the Genitals in the Work of Generation.

THE use of the external parts, commonly called the pudenda, are designed to cover the great orifice, and the use of that is to receive the yard in the act of copulation, and to give passage to the child at the birth; and also a passage for the urine. The use of the wings and knobs like myrtle-berries are for the security of the internal parts, shutting the orifice and neck of the bladder; and by their swelling up to cause titillation and delight in those parts, and also to hinder the involuntary passage of the urine. The action of the clytoris in women, is like that of the yard in men, which is erection; and its outer end is like the glans, or top of the yard, and has the same name; and as the glans in men is the seat of the greatest pleasure in copulation, so is this in women.

The action and use of the neck of the womb is equal with that of the yard, and is occasioned several ways; for, first, it is erected and made strait for the passage of the yard to the womb in the act of copulation; and then, whilst the passage is repleted with spirit and vital blood, it becomes more strait for embracing the yard: and the convenience of erection is twofold; first, if the neck of the womb was not erected, the yard could have no convenient passage to the womb; and, in the second place, it hinders any damage that may happen through the violent concussion of the yard in the time of copulation.

And as for those vessels that make their way through the neck of the womb, their office is to replenish it with blood and spirits, that so as the moisture consumes by the heat contracted in copulation, it may, by those vessels be renewed; but their chief business is to convey nourishment to the womb.

The womb has many properties attributed to it; the first is the retention of the seed, as the ancients speak, or of the fecundated egg, as others would have it; and this property is called conception; and, 2dly, to cherish and nourish it, till nature has framed the child, and brought it to

perfection; and, 3dly, it worketh strenuously in sending forth the birth, when the time of its remaining there is expired, at which time it stretcheth forth itself in a very wonderful manuer.

The use of the preparing vessels is to convey the blood to the testicles, part of which is spent in the nourishment of them, and the production of those little bladders (in all things resembling eggs) through which the preparing vessels run, and are obliterated in them; this is done by the arteries; and as for the veins, their office is to bring back what blood remains from the aforesaid uses. These vessels are more short in women than in men, by reason of their nearness to their stones; which defect is sufficiently repaired by the many windings and turnings to which they are subject, dividing themselves in the middle way into two branches, though not of an equal bigness, for one is greater than the other.

The stones in women are of that use, that if they are defective, the work of generation ceases; for though (according to the modern opinion) those little bladders which are in their outward superficies, contain nothing of seed, yet they contain several eggs, (uncertain as to their number, though generally about twenty) one of which eggs being impregnated by the spirituous part of man's seed in the act of coition, descends into the womb, and, in the time nature has appointed, becomes a living child.

Having thus given an account of the use and action of the genitals in the act of generation, I shall now shew you the opinion of both the ancients and moderns touching the woman's contributing seed for the formation of the child, as well as the man's; which was the opinion of the ancients, but is denied by our modern authors.

Though it is apparent, say the ancients, that the seed of man is the principal efficient, and beginning of action, motion, and generation, yet that the woman affords seed, and contributes to the procreation of the child, is evident from hence, that the woman has seminal vessels, which had been given her in vain, had she wanted seminal excreffence; but since nature doth nothing in vain, it must be granted they were made for the use of seed and procreation, and fixed in their proper places to operate and contribute vir-
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true and efficacy to the seed ; and this, say they, is farther proved from hence, that if women at the years of maturity use not copulation to eject the seed, they often fall into strange diseases, as appears by young women and virgins ; and also it is apparent, that women are never better pleased than when they are often satisfied this way ; which pleasure and delight, say they, is double in women to what it is in men ; for as the delight of men consists chiefly in the ejection of the seed, so women are delighted both by the ejection of their own, and the reception of the man's.

But against all this, our modern authors affirm, that the ancients were very erroneous ; forasmuch as the testicles in women do not afford seed, but are two eggs, like those of fowls ; neither have they any such office as those of men, but are indeed an ovarium, a receptacle for eggs ; wherein these eggs are nourished by the sanguinary vessels dispersed through them ; and from thence, one or more, (as they are fecundated by the man's seed) are conveyed into the womb by the oviducts ; and the truth of this, say they, is so plain, that if you boil them, they will have the same taste, colour, and consistency with the taste of birds eggs ; and if any object, that they have no shells, that signifies nothing ; for the eggs of fowls, while in the ovary, nay, after they are fallen into the uterus, have no shell ; and though they have one when they are laid, yet it is no more than a fence which nature hath provided for them against outward injuries, they being hatched without the body ; but those of women being hatched within the body, have no need of any other fence than the womb to secure them. And they further say, there are in the generation of the fœtus, two principles, active and passive ; the active is the man's seed elaborated in the testicles out of the arterial blood and animal spirits ; the passive principle is the ovum or egg impregnated by the man's seed ; for to say that a woman has true seed, is, they say, erroneous. But the manner of conception is thus : The most spiritous part of man's seed, in the act of copulation, reaches up to the ovarium or testicles of the woman (which contain divers eggs, sometimes more, sometimes fewer) impregnates one of them, which being conveyed by the oviducts to the bottom of the womb, presently begins to swell bigger and bigger,

and drinks in the moisture that is plentifully sent thither, after the same manner that seeds in the ground suck the fertile moisture thereof to make them sprout.

But notwithstanding all this, Culpepper, in his Directory for Midwives, positively affirms, that the testicles or stones of a woman are for generation of seed, and that to deny this, is both against reason and experience. I will not undertake to determine the controversy, but leave the reader to judge for himself, and proceed (having, according to the custom of England, given women the preference) to describe the organs of generation in man.

C H A P. IV.

Of the Instruments or Organs of Generation in Man.

THE penis or yard of the man, being the principal instrument of generation) is called so, from its hanging without the belly; and it consists of skin, tendons, veins, arteries, sinews, and great ligaments, and is long and round: it is ordained by nature both for the passage of the urine, and the conveying of the seed into the matrix. It hath some parts common with it to the rest of the body, as the skin and the fleshy membrane; and some parts it has peculiar to itself, as the two nervous bodies; the septum, the urethræ, or glans, the four muscles, and the vessels.

The skin, which the Latins call *cutis*, is full of pores, through which the sweat and fuliginous or sooty black vapours of the third concoction (which concocts the blood into flesh) pass out: The pores are very many and thick, but hardly visible to the eye, and when the yard stands not, it is flabby; but when it stands, it is stiff: This skin is very sensible, because the nerves concur to make up its being.

The *carnis membrana* or fleshy skin, is so called, because it lieth between the flesh, and passeth in other parts of the body, underneath the fat, and sticks close to the muscles, not that there is any fat in the yard, only a few superficial veins and arteries pass between the former skin and this, which, when the yard stands, are visible to the eye. These are the parts common both to the yard and the rest of the body.

body. Now, I will speak of the parts peculiar to itself, and first, of the two nervous bodies.

The two nervous bodies are surrounded with a thick, white nervous membrane, but are spongy within, and full of black blood; the spongy substance of the inward part of it seems to be woven together like a net, and consists of innumerable veins and arteries; the black blood contained therein is full of spirits, and the desire of copulation adds heat to them, which causeth the yard to stand; and the hollow spongy intermixture, or weaving, was ordained on purpose to hold the heat or venereal spirits, that the yard may not fail before it has done its work; these two side ligaments of the yard, where they are thick and round, spring from the lower part of the share-bone, and, at their beginning are separated the one from the other, and resemble a pair of horns, or the letter Y, where the urethra, that is the common channel of urine and seed, passeth between them.

The septum is in substance white, nervous, and sinewy, and its office is to uphold the two side ligaments and the urethra.

The urethra is sinewy, thick, soft, and loose, like to that of the side ligaments before-mentioned. It begins at the neck of the bladder, and so passeth to the glands: in the beginning of it are three holes; one large in the midst, which receives the urine into it; the other two are smaller, which are sent by each seminal vessel to it, by which it receives seed.

The muscles of the yard are four, two on each side. A muscle is an instrument of voluntary motion, without which no part of the body can move itself; it consists of fibrous flesh to make up its body, of nerves for its sense, of veins for its nourishment, of arteries for its vital heat, of a membrane or skin, to knit together, and so distinguish one muscle from another; one of each side is shorter and thicker than the other, and their use is to erect the yard and make it stand, and are called *erectors*; the other are longer and smaller, and their office is to dilate and open the lower part of the urethra, or channel, both for making water and voiding the seed; and these are called *accelerators*.

The glans, in the extreme part of the yard, is soft, and

of an exquisite feeling, by reason of the thinness of the skin wherewith it is covered. It is covered with the præputium, or foreskin, which the Jews were commanded to cut off the eighth day. The skin in some men covers the top of the yard quite close, but in others not; which moving up and down in the act of copulation, brings pleasure both to the man and woman. The ligaments by which the præputium is tied to the glans is called frænum or the bridle.

The vessels of the yard are veins, nerves, and arteries; some veins and arteries pass by the skin, and are visible to the eye; others pass by the inward part of the yard, the arteries being dispersed through the body of the yard exceeding the dispersion of the veins, for the right artery is dispersed to the left side; it hath also two nerves, the lesser of which is bestowed on the skin, the greater upon the muscles and body of the yard.

Having thus described the yard, I shall now speak of the stones or testicles, so called because they testify that he is a man. Their number, every body knows, is two; their substance is white, soft and spongy; their form is oval, but in some they are bigger than others; each stone hath a muscle, because they pull up the stones in the act of copulation, that so the vessels being slackened, may the better void the seed.

The use of the stones is to convert blood and spirit into seed for the procreation of man, and to add strength, heat and courage to man; as appears from eunuchs, who have lost their stones, who are neither so hot, strong, nor valiant as other men.

To the upper part of the testicles are fixed the epidimies, from whence arises *vasa deferentia*, or *ejaculatoria*, which, when they come to the neck of the bladder, deposite the seed in *viscula seminales*, which are two, each like a bunch of grapes, which admit the seed into the urethra in the act of copulation. As for the preparing vessels, which prepare the blood and vital spirits, and carry them to the testicles, where they are elaborated into seed, I have spoken of them in the chapter of the genitals of women; and since they differ so little from those of men, I shall not need to repeat what I have said before.

C H A P. V.

Of Conception; and how a Woman may know whether she hath conceived or not, and whether a Male or Female.

THE natural instinct implanted in men and women to propagate their own species, puts them upon making use of those ways that nature has ordained for that end, which after they have used, the woman many times, through ignorance of her having conceived, or want of that due care she ought to take, is little better than a murderer of her own child, though she intends it not: for, after conception, finding herself not well, and not knowing what the matter is, she runs to a doctor, and inquires of him; and he knowing nothing but what she tells him, gives her a strong cathartical potion, which destroys the conception. And some there are, that out of a foolish bashful coyness, though they know they have conceived, yet will not confess it, that so they might be instructed to order themselves accordingly: Those that are so coy may in time learn to be wiser; and for the sake of those that are ignorant, I shall set down the signs of conception, that women may thereby know whether they have conceived or not.

Signs of Conception.

If under the eye the vein be swelled, that is under the lower eye-lid, the veins in the eyes appearing clearly, and the eye something discoloured; if she has not her terms upon her, nor watched the night before, you may certainly conclude her to be with child. This appears most plainly just upon her conception; and the first two months I never knew this sign to fail.

Keep the urine of the woman close in a glass three days, and then strain it through a fine linen cloth; if you find small living creatures in it, she hath most assuredly conceived; for the urine, which was before part of her own substance, will be generated as well as its mistress.

A coldness and chilliness of the outward parts after copulation, the heat being retired to make conception.

The tops of the nipples look redder than formerly.

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The veins of the breast are more clearly seen than they were wont to be.

The body is weakened, and the face discoloured.

The belly waxeth very fat, because the womb closeth itself together, to nourish and cherish the seed.

If cold water be drank, a coldness is left in the breasts.

Loss of appetite to victuals, sour belchings, and exceeding weakness of stomach.

The breasts begin to swell and wax hard, not without pain and foreness.

Wringing or griping pains, like the cramp, happen in the belly about the navel.

Divers appetites and longings are engendered.

The veins of the eyes are clearly seen, and the eyes seem something discoloured, as a looking glass will shew you. This is an infallible sign.

The excrements of the guts are voided painfully, because the womb swelling thrusteth the right gut together.

Take a green nettle, and put it into the urine of the woman; cover it close, and let it remain a whole night; if the woman be with child, it will be full of red spots on the morrow; if she be not, it will be blackish.

There are several other rules of this nature, but these are the best, and some of them seldom fail.

Now, because many are mighty desirous to know whether they be with child of a male or female, I will, in the next place, lay down some rules whereby you may make a judgment in that case.

Signs of a Male Child.

A woman breeds a boy with less pain than a girl, and does not carry her burden so heavily, but is more nimble in stirring.

The child is first felt by her on the right side, for the ancients are of opinion that male children lie on the right side of the womb. The woman when she riseth up from a chair, doth readier stay herself upon her right hand than on her left.

The belly lies rounder and higher than when it is a female.

The right breast is more plump, and harder than the left, and the right nipple redder.

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The colour of a woman is more clear, and not so swarthy, as when she conceives a girl.

The contrary to these are signs of the conception of a female, and therefore it is needless to set them down.

But I will add the following; they have been the result of my own experience, and which I never knew fail.

If the circle under the woman's eyes, which is of a wan blue colour, be more apparent under the right eye, and the veins most apparent in her right eye, and then most discoloured, she is with child of a boy; if the marks be most apparent in her left eye, she is with child of a girl.

Again, let her milk a drop of her milk in a bason of fair water; if it sinks to the bottom, as it drops in, round in a drop, it is a girl she is with child of; but if it be a boy, it will spread and swim at top. This I have often tried, and it never failed.

But before I conclude this chapter, I shall lay down some rules that women ought to observe in order to conception; and likeways what they should do after conception, to prevent miscarriage.

What Women ought to observe in order to Conception.

Women that are desirous to have children, in order thereunto must give themselves moderate exercise; for idleness and want of exercise are very great enemies to generation work; and those that observe it, shall find that your city dames, who live high, and do nothing, seldom have children; or if they have, they seldom live; whereas the poor women who accustom themselves to labour, have many children, and those lusty. Nor need we wonder at it, if we consider the benefit that comes by moderate exercise and labour; for it opens the pores, quickens the spirits, stirs up the natural heat, strengthens the body, senses, and spirits, and comforts the limbs, and helps nature in her exercises, of which the procreation of children is none of the least.

Next to moderate exercise, she must avoid all manner of discontent, and the occasion of it; for discontent is a great enemy to conception, but contentment and quietness of mind are as great friends to it; for content dilates the heart and arteries, whereby the vital blood or spirit is sufficiently

sufficiently distributed throughout the body; and thence arise such affections as please, recreate, and refresh the nature of man; as hope, joy, love, gladness, and mirth. Nor does it only comfort and strengthen the body, but also the operations and imaginations of the mind; for all agree, that the imagination of the mother works forcibly upon the conception of the child; and therefore women ought to take great care that their imagination be pure and clear, that their children may be well formed.

Another thing that women ought to do in order to conception is, to keep the womb in good order; and to that end, see that the menstrues come down as they ought to do; if they are discoloured, then they are out of order, but if the blood come down pure, then the woman will be very prone to conceive with child, especially if they use copulation a day or two after their monthly terms are stayed.

Another thing a woman ought to observe that would conceive, is, that she use not the act of copulation too often; for satiety gluts the womb, and makes it unfit to do its office. There are two things demonstrate this; one is, that the common whores, (who often use copulation,) have seldom any children; the other is, that those women whose husbands have been long absent, after they come again, conceive very quickly.

And then let the time of copulation be convenient, that there may be no fear or surprize, for fear hinders conception.

And let the time of copulation be natural, and not stirred up by provocatives; and observe also, that the greater the woman's desire of copulation is, the more subject she is to conceive.

A loadstone carried about a woman causeth not only conception, but concord between man and wife.

Things necessary for Women to observe after Conception.

Women are very subject to miscarriages in the two first months after conception, because then the ligaments are weak and soon broken. To prevent which, let the woman every morning drink a good draught of sage-ale, and it will do her abundance of good.

But if signs of abortion or miscarriage appear, let her lay

lay a toast dipped in rent, in case muskadel cannot be gotten, to her navel, for this is very good; or let her take a little garden tansey, and having bruised it, sprinkle it with muskadel, and apply it to the navel, and she will find it much better. Also tansey infused in ale, like sage-ale, and a draught drank every morning, is most excellent for such women as are subject to miscarriage; also take juice of tansey, clarify it, and boil it up into a syrup, with twice its weight in sugar, and let a woman take a spoonful or two of it, in such cases it will be an excellent preservative against miscarriages.

Also let the air be temperate, sleep moderate, avoiding watching, and immoderate exercise, with disturbing passions, loud clamours, and filthy smells; and let her abstain from all things which may provoke either the urine or the courses, and also from all sharp and windy meats, and let a moderate diet be observed.

If the excrements of the guts be retained, lenify the belly with clysters made of the decoction of mallows, violets, with sugar and common oil; or make broth of burrage, bugloss, beets, mallows, and take therein a little manna; but, on the contrary, if she be troubled with a looseness of the belly, let it not be stopped without the judgment of a physician; for old uterine fluxes have a malignant quality in them, which must be evacuated and removed before the flux is stayed.

C H A P. VI.

Of Barrenness, with the Remedies against it, and the Signs of Insufficiency both in Men and Women.

HAVING in the foregoing chapter treated of conception, with the signs, and given direction to the women both before and after conception, I will in this chapter treat of the opposite to conception, to wit, barrenness.

If it is a blessing to have children, then certainly barrenness must be a great curse: And indeed in holy writ it is so accounted; and therefore some are threatened that they shall die childless; and the wife of Jacob, even his beloved Rachel, cried out to him, "Give me children," or

"or else I die." Indeed it was a passionate expression, and fell out according to her words, for she had children, and died in child-bed. But to the subject in hand, which is barrenness.

Barrenness is threefold, to wit, either natural, accidental, or against nature.

Natural barrenness is when a woman is barren, though the instruments of generation are perfect both in herself and husband, and no preposterous and diabolical course used to cause it, and neither age nor diseases, nor any natural defect hindering, and yet the woman remains naturally barren, and conceives not.

Now this may proceed from a natural cause; for if the man and woman be of one complexion, they seldom have children, and the reason is clear; for the universal course of nature being formed by the Almighty of a composition of contraries, cannot be increased by a composition of likes; and therefore if the constitution of the woman be hot and dry, as well as that of the man, there can be no conception; and if on the contrary the man should be of a cold and moist constitution, as well as the woman, the effect would be the same; and this barrenness is purely natural. The only way to help it, is for the people before they marry to observe each others constitutions and complexions, if they design to have children; if their complexions and constitutions be alike, they are not fit to come together; for discordant natures make the only harmony in the work of generation.

Another natural cause of barrenness is want of love between man and wife: love is that vital principle that ought to animate each organ in the act of generation, or else it will be but spiritless and dull; for if their hearts be not united in love, how should their seed unite to cause conception? And this is sufficiently evidenced, in that there never follows a conception upon a rape; therefore if men and women design to have children, let them take care to live so, that their hearts as well as their bodies may be united, or else they may miss of their expectations.

A third cause of natural barrenness, is the letting of virgins blood in the arm before their natural courses are come down, which is usually in the fourteenth and sixteenth

teenth years of their age; sometimes perhaps before the thirteenth, but never before the twelfth. And because usually they are out of order and indisposed before their purgations come down, their parents run to the doctor to know what's the matter, and he straight prescribes opening a vein in the arm, seeing it was fulness of blood which was the cause offending, and this makes her well at present, and when the young virgin happens to be in the same disorder again, the mother straight runs to the surgeon, uses the same remedy, and by these means the blood is diverted from its proper channel, so that it comes not down to the womb, as in other women, whereby the womb dries up, and the woman is for ever barren. The way to prevent this, is to let no virgin blood in the arm before her courses come well down; but if there be occasion, in the foot, for that will bring the blood downward, and by that means provoke the menstrues to come down.

Another cause of natural barrenness is, the debility of persons in copulation: if persons perform not that act with all the heat and ardour that nature requires, they may as well let it alone, and expect to have children without it; for frigidity and coldness never produce conception. Of the cure of this we will speak, after I have spoken of

Accidental barrenness, which is what is occasioned by some morbidick matter or infirmity upon the body, either of the man or woman, which being removed, they become fruitful. And hence (as I have before noticed) the first and great law of the creation was to increase and multiply, and barrenness is the direct opposition of that law, and frustrates the end of our creation; and it is so great an affliction to many to be without children, as to cause man and wife to have hard thoughts of one another, each party thinking the cause is not in them; I shall here, for the satisfaction of all well-meaning people, set down the signs and causes of insufficiency both in men and women; premising this first, that when people have not children, they must not presently blame either party, for neither may be in the fault, but perhaps God sees it not good (for reasons best known to himself) to give them any; of which we have divers instances both in sacred and profane history: And though the Almighty in the production

of nature works by natural means, yet where he withholds his blessing, natural means are ineffectual; for it is his blessing that is the power and energy by which nature brings her productions forth.

Signs and Causes of Insufficiency in Men.

One cause may be in some viciousness in the yard; as if the same be crooked, or any ligaments thereof distorted or broken, whereby the ways and passages through which the seed should flow come to be stopped or vitiated.

Another cause may be too much weakness of the yard, and tenderness thereof, so that it is not strongly enough erected to inject the seed into the womb; for the strength and stiffness of the yard very much conduces to conception, by reason of the forcible injection of the seed.

Also, if the stones have received any hurt, so that they cannot exercise their proper gift in producing seed; or if they be oppressed with any inflammation or tumour, wound or ulcer, not drawn up within the belly, and not appearing outwardly, these are signs of insufficiency and causes of barrenness.

Also, a man may be barren, by reason of the defect of his seed: as, First, If he cast forth no seed at all, or less in substance than is needful; or, Secondly, if the seed be vicious, or unfit for generation; as on the one side it happens in bodies that are gross and fat, the matter of it being defective; and on the other side too much leanness, or continual wasting or consumption of the body destroys the seed, nature turning all the matter and substance thereof into nutriment of the body.

Too frequent copulation is also one great cause of barrenness in men; for it attracteth the seminal moisture from the stones, before it is sufficiently prepared and corrected; so if any one by daily copulation do exhaust and draw out all the moisture of his seed, then do the stones draw the moist humours from the superior veins unto themselves; and so having but little blood in them, they are forced of necessity to cast it out raw and unconcocted; and thus the stones, violently deprived of the moisture of their veins, attract the same from the other superior veins, and the superior veins from all the other parts of the body for their

their proper nourishment, thereby depriving the body of its vital spirits; and therefore no wonder that those who use immoderate copulation are very weak in their bodies, seeing their whole body is thereby deprived of its best and purest blood, and also of the vital spirits, insomuch, that many who have been too much addicted to that pleasure have killed themselves in the very act; and therefore it is no wonder if such unconcocted and digested seed be unfit for generation.

Gluttony and drunkenness, and other excesses, do also much hinder men from fruitfulness, and make them unfit for generation.

But amongst other causes of barrenness in men, this also is one that makes them barren, and almost of the nature of eunuchs, and that is the incision, or cutting off the veins behind the ears; which, in case of distempers, is oftentimes done; for, according to the opinion of most physicians and anatomists, the seed flows from the brain by those veins behind the ears, more than from any other part of the body; from whence it is very probable the transmission of the seed is hindered by the cutting of the veins behind the ears, so that it cannot descend at all to the testicles, or comes thither very crude and raw. And thus much for signs and causes of barrenness in men.

Signs and Causes of Insufficiency, or Barrenness in Women.

Although there are many causes of barrenness in women, yet the chief and principal are internal, respecting either the privy parts of the womb, the seed, or the menstruous blood.

Therefore Hippocrates saith (speaking of either the easy or difficult conception in women) the first consideration is to be had of their species, for little women are more apt to conceive than great, slender than gross, white and fair than ruddy and high coloured, black than pale and wan: those which have their veins conspicuous are more apt than others; but to be very fleshy is evil; to have great swelling breasts good.

The next thing to be considered is the monthly purgations, whether they have them duly every month; if they flow plentifully, are of a good colour, and whether

they have them equally every month; for so they ought to be.

Then the womb or place of conception is to be considered; it ought to be clean and sound, dry and soft, not retracted, nor drawn up, nor prone, nor descending downward, nor the mouth thereof turned away, nor too close shut. But to be more particular.

The first parts to be spoken of are the Pudenda, or privities, and the womb; when these are shut and enclosed either by nature or against nature, such women are called *Imperforate*; for in some women the mouth of the womb continues compressed, or closed up, from the time of their birth, until the coming down of their courses; and then on a sudden, when their terms press forward to purgation, they are molested with great and unusual pains; some of these break of their own accord, other are dissected and opened by a physician; others never break at all, and then it brings death.

All these Aetius particularly handles, shewing that the womb is shut three manner of ways, which hinders conception: first, when the lips of the Pudenda grow or cleave together; second, when there are certain membranes growing in the middle part of the matrix within; third, when (though the lips and bosom of the Pudenda may appear fair and open) the mouth of the womb may be quite shut up; all which are occasions of barrenness, in that they hinder both the use of man, the monthly courses, and conception.

But amongst all the causes of barrenness in women, the greatest is in the womb, which is the field of generation; and if the field be corrupted, it is in vain to expect any fruit, let it be never so well sown; for it may be unfit for generation, by reason of the many distempers to which it is subject; as for instance, overmuch heat and overmuch cold; for women whose wombs are too thick and cold cannot conceive, because coldness extinguisheth the natural heat of the human seed.

Immoderate moisture of the womb also destroys the seed of man, and makes it ineffectual, as corn sown in sens and marshes; and so doth overmuch dryness of the womb, so that the seed perisheth for want of nutriment.

Immoderate

Immoderate heat of the womb is also a cause of barrenness; for it scorseth up the seed, as corn sown in the drought of summer: for immoderate heat hurts all the parts of the body, and no conception can live to be nourished in that woman.

Also when unnatural humours are engendered; as too much phlegm, tympanies, wind, water, worms, or any such evil humours abounding, contrary to nature; it causes barrenness, as does also the terms not coming down in due order, as I have already said.

A woman may also have other accidental causes of barrenness, as sudden frights, anger, fear, griefs, and perturbation of the mind; too violent exercises, as leaping, dancing, running, after copulation, and the like. But I will now add some signs whereby we may know those things.

If the cause of barrenness be in the man through overmuch heat in his seed, the woman may easily feel that in receiving it.

If the nature of the womb be too hot, and so unfit for conception, it will appear by having her terms very little, and their colour inclining to yellowness; she is also very hasty, cholerick, and crafty, her pulse beats very swift, and she is very desirous of copulation.

If you would know whether the fault lies in the man or woman, sprinkle the man's urine upon one lettuce leaf, and the woman's upon another, and that which dries away first is unfruitful. Also, take five wheat corns, and seven beans, put them into an earthen pot, and let the party make water therein; let this stand seven days, and if in that time they begin to sprout, then the party is fruitful; but if they sprout not, then the party is barren, whether it be man or woman. This is a certain sign.

There are some that make this experiment of a woman's fruitfulness: Take myrrh, red storax, and some such odoriferous things, and make a perfume of it, which let the woman receive into the neck of the womb through a funnel; if she feel the smoke ascend through her body to her nose, then she is fruitful, otherwise barren.

Some also take garlick, and beat it, and let the woman be on her back upon it, and if she feels the scent thereof ascend to her nose, it is a sign of fruitfulness.

Culpepper, and others, give a great deal of credit to the following experiment :

Take a handful of barley, and steep half of it in the urine of the man, and the other half in the urine of the woman, for the space of twenty-four hours, and then take it out, and set the woman's by itself, and the man's by itself; set it in a flower-pot, or some other thing where you may keep it dry; then water the man's every morning with his own urine, and the woman's with her's, and that which grows first is the most fruitful, and if one grow not at all, that party is naturally barren.

But now having spoken enough of the disease, it is high time to assign the cure.

If barrenness proceedeth from stoppage of the menses, let the woman sweat, for that opens the parts, and the best way to sweat is in an hot-house. Then let the womb be strengthened, by drinking a draught of white wine, wherein a handful of stinking arrack, first bruised has been boiled; for, by a secret magnetic virtue it strengthens the womb, and by a sympathetic quality removes any disease thereof. To which add also a handful of vervain, which is very good to strengthen both the womb and the head, which are commonly afflicted together by a sympathy.

Having used this two or three days, if they come not down, take of calamint, penny-royal, thyme, betony, dittany, burnet, feverfew, mugwort, sage, piony-roots, juniper berries, half a handful of these, or so many of them as can be gotten; let all these be boiled in beer, and drank for her ordinary drink. Or,

Take one part of gentian, two parts of centaury, distil them with ale in an alembick, after you have bruised the gentian roots, and infused them well. This water is an admirable remedy to provoke the terms. But, if you have not this in readiness, take a dram of centaury, and half a dram of gentian roots, beat them to powder, and take it in the morning in white wine; or bruise a handful of centaury, and half a handful of gentian roots, boil these in posset-drink, and drink a draught of it at going to bed.

If barrenness proceed from the overflowing of the menses, then strengthen the womb, as taught before, and afterwards anoint the reins of the back with oil of roses, oil of myrtles,

myrtles, or oil of quinces, every night, and then wrap a piece of white baize about your reins, the cotton side next your skiu, and keep the same always to it. But above all, I commend this medicine, Take comfrey leaves or roots, and clown's wound-wort, of each one handful, bruise them well, and boil them in ale, and drink a good draught of it every now and then: Or, Take cassia, cinnamon, lignea, opium, of each two drams; myrrh, white pepper, galbanum, of each one dram, dissolve the gum and opium in white wine, beat the rest into powder, then make them into pills, by mixing of them together, and let the patient take two pills every night, both not exceeding 15 grains.

If barrenness proceed from a flux of the womb, the cure must be according to the cause producing it; for a flux of the womb being a continual distillation from it for a long time together, the colour of what is voided, shews what humour it is that offends; in some it is red, and that proceeds from blood putrified; in some it is yellow, and that denotes choler; in others white and pale, and that denotes phlegm. If pure blood comes out, as if a vein was opened, some corrosion or gnawing of the womb is to be feared. All which may be known by these signs:

The place of conception is continually moist with the humours, the face is discoloured, the party loaths meat, and breathes with difficulty; the eyes are much swollen, sometimes with pain. If the offending humour be pure blood, then you must let blood in the arm, and the cephalic vein is fittest, and then let the juice of plantain and comfrey be injected into the womb. If phlegm be the cause, let cinnamon be used in all her meats and drinks; and let her take a little venice-treacle every morning; let her boil burnet, mugwort, featherfew, and vervain in all her broths; half a dram of myrrh taken every morning is an excellent remedy against this malady. If choler be the cause, let her take borage, bugloss, red roses, endive, and succory roots, lettuce, and white poppy-seed, of each a handful; boil these in white wine till one half is wasted; let her drink half a pint every morning; to which half pint add syrup of peach flowers and syrup of chicory, each one ounce, with a little rhubarb; and this will gently purge her. If it proceed from putrified blood, let her
blood

blood in the foot, and then strengthen the womb, as I have directed in stopping the menses.

If barrenness be occasioned by the falling out of the womb, let her apply sweet scents to her nose, such as civet, galbanum, styrax, calamitis, wood of aloes, and things of that nature, and lay stinking things to the womb, such as assafoetida, oil of amber, or the smoke of their own hair being burnt; for the womb flies from all stinkings, and applies to all sweet things. But the most infallible cure in this case is this; Take a common burdock leaf, apply this to her head, and it will draw the womb downward, Bur-feed beaten into powder has also the like virtue; for by a magnetic power it draws the womb which way you please, according as it is applied.

If barrenness proceed from a hot cause, let the party take whey and clarify it, then boil plantain leaves, and drink it for her ordinary drink. Inject the juice of plantain, or a strong decoction of the roots and leaves, with a syringe, but let it be blood warm, and you will find this medicine of great efficacy. Take often conserve of roses, cold lozenges made of tragacanth, and use to smell to camphire, rose-water, and saunders. It is good to open the basilica or liver-vein, and then this purge. Take electuarium de-epithimo, de succo rosarum, of each two drams and an half, clarified whey four ounces; mix them well together, and take it in the morning fasting; Sleep after it about an hour and an half, and fast four hours; and about an hour before you eat any thing, drink a good draught of whey. Also, take lilly-water four ounces; mandrôgar water one ounce, saffron half a scruple; beat the saffron to powder, mix it with the waters, and drink it warm in the morning: Use this eight days together.

Some excellent Remedies against Barrenness, and to cause Fruitfulness.

Take broom flowers, smallage, parsley seed, cummin, mugwort, featherfew, of each half a scruple; aloes half an ounce; India salt, saffron, of each half a dram, beat and mix them well together, and put it into five ounces of featherfew water warm, stop it close, and let it stand and dry in a warm place; and thus do two or three times one
after

after another; then make each dram into six pills, and take one of them every other night before supper.

A confection very good against barrenness. Take pistachia, pingles, eringoes, of each half an ounce; saffron one dram, lignum aloes, gallinal, mace, caryophylla, balm flowers, red and white ben, of each four scruples; shaven ivory, cassiabar, of each two scruples; syrup of confectioned ginger twelve ounces; white sugar six ounces; decoct all these well together in twelve ounces of balm water, and stir it well together, then put to it of musk and amber, of each half a scruple; take thereof the quantity of a nutmeg three times a day; in the morning, and an hour before noon, and an hour after supper.

But if the cause of barrenness either in man or woman be through the scarcity or diminution of the natural seed, then such things are to be taken as do increase the seed, and incite or stir up venery, and farther conception; which I shall here set down, and so conclude this chapter of barrenness.

For this yellow rape seed baked in bread is very good; young fat flesh, not too much salted; also saffron; the tails of stincus, and long pepper prepared in wine; let such persons eschew all sour, sharp, and slimy meats, long sleep after meat, surfeiting and drunkenness, and as much as they can, keep themselves from sorrow, vexation, and care.

These things following increase natural seed and stir up to venery, and recover the seed again when lost, viz. eggs, milk, rice boiled in milk; sparrows brains, flesh, bones and all; the stones and pizzles of bulls, bucks, rams and boars; also cock-stones, lamb-stones, partridges, quails and pheasants eggs; for this is an undeniable aphorism, that whatsoever any creature is addicted unto, they move or incite the man or woman that eats them to the like; and therefore partridges, quails, sparrows, &c. being extremely addicted to venery, they work the same effect in those men and women that eat them. Also, take notice, that in what part of the body the faculty which you would strengthen lies, take the same part of the body of another creature in whom that faculty is strong for a medicine; as for instance, the procreative faculty lies in the testicles; therefore cock-stones, lamb-stones, &c. are proper to stir up venery. I will also give you another general rule: creatures that are fruitful,

fruitful, being eaten, make them fruitful that eat them ; as crabs, prawns, pigeons, &c.

Authors have set down several ways for the prevention of barrenness ; to carry the herb St. John's wort about them, which was called by the ancients, *Fuga Demonum*, or the Devil-driver. Also, to carry a load-stone about them, was accounted a great preservative ; likewise a plaister of St. John's wort laid to the reins. And lastly, the heart of a turtle dove carried about them ; but these are only for prevention. But you will say, if prevention come too late, the mischief being done already, must the poor man remain helpless, and the good woman go without was she is married for ? No, there is help even in this case also ; and the cure is easy ; which, though the reader may scruple to believe, yet it has been tried, and found effectual ; it is no more than this, Let the man only make water through his wife's wedding-ring, and the enchantment will be broke ; and thus one piece of witchcraft is made to drive out another. But I will here put a period to this chapter.

C H A P. VII.

Of the Pleasure and Advantage of Marriage ; of unequal Matches ; and ruinous Effects of unlawful Love.

WE have hitherto been treating of the generation of man, which cannot be lawfully effected but by those who are joined together in wedlock, according to the institution of the Creator in paradise, when he first brought man and woman together ; which leads to treat of the pleasure and advantage of a married life.

And surely none can reasonably question the pleasure and advantage of a married life who does but reflect upon its Author, or the time and place of its institution. The author and Institutor of marriage was no other than the great Lord of the whole universe, the Creator of heaven and earth, whose wisdom is infinite, and therefore knew what was best for us : and whose goodness is equal to his wisdom, and therefore instituted marriage as best for the man whom he had but just created, and whom he looked
upon

upon as short of that complete happiness which he had designed him whilst he was alone, and had not the help-mate provided for him. The time of its institution is no less remarkable; it was whilst our first parents were clothed with virgin purity and innocence, and had a blessed and uninterrupted converse and communion with their great Creator; and were complete in all the perfections both of mind and body, being the lively image of him that created them; it was when they could curiously survey the several incomparable beauties and perfections of each other, without sin, and knew not what it was to lust; it was at this happy time the Almighty divided Adam from himself, and of a crooked rib made him an help-mate for him; and, by instituting marriage, united him unto himself again in wedlock's sacred bands. And this must needs speak very highly in commendation of a married life.

Let us next consider the place where this marriage-knot was first tied, and we shall find the place was Paradise, a place formed by the great Creator for delight and pleasure; and when we would speak of what affords the highest satisfaction, we can ascend no higher than to call it a paradise. There are many curious delicacies and delights to please the eye and charm the ear, in the gardens of princes and noblemen; but Paradise did certainly outdo them all; the sacred scripture giving it this high encomium, *It was pleasant as the garden of God.* It was in the midst of Paradise, the centre of delight and happiness, that Adam was unhappy while in a single state, and therefore marriage may properly be stiled the Paradise of Paradise itself.

I will shew you the love of a good wife to her husband, in an illustrious example of a queen of our own nation.

King Edward I. making a voyage to Palestine, for the recovery of the holy Land, he took his queen along with him, who willingly accompanied him in all the dangers he exposed himself to. After several victories obtained by him, which made him both beloved and feared, he was wounded by a Turk, with an impoisoned arrow, which all the king's physicians concluded mortal; unless some person would suck away the impoisoned blood out of the wound; at the same time declaring it would be the death of those
that

that did it; Upon this it was proposed to several of the courtiers, but they all waved this dangerous piece of loyalty, and therefore with a compliment declined it; which, when the noble queen perceived, and saw that the king must die for want of such kind assistance, she, with a bravery worthy of herself, declared she was resolved to undertake this cure, and venture her own life to save the king her husband; and so accordingly sucked the poisonous matter from the wound, and thereby saved the king; and heaven, which did inspire with that generous resolution, preserved her too, as a reward for her great conjugal affection.

But that which renders marriage such a bugbear to our modern sparks, is the unhappy consequences that too often attend it; for there are few but see what inauspicious torches Hymen lights at every wedding; what unlucky hands link in the wedding-ring, nothing but fears, jars, discontents, or jealousies, or else barrenness, are all the blessings which crown the genial bed. But it is not marriage that is to blame for this; but these are the effects of forced and unequal matches, when parents, for the thirst of gold, will match a daughter scarce seventeen, to an old miser above threescore; Can these two be ever thought to agree, whose inclinations are as different as the months of June and January? This makes the woman (who still wants a husband, for the old miser is scarce the shadow of one) either to wish, or contrive his death; or else, to satisfy her natural inclinations, she throws herself into the arms of unlawful love; both which are equally destructive, and might both have been prevented, had her greedy, inconsiderate parents provided her such a match as was suitable and proper. An instance of this sad truth follows:

There lived in Warwickshire a gentleman of very good estate; who being grown ancient at the death of his first wife, thought of marrying his son and heir, then at man's estate, to the daughter of a neighbouring gentleman, of an ancient family, and a fair estate, who approved of the motion, and agreed to give 5000*l.* with his daughter upon her marriage with the young gentleman. No sooner had the father a sight of the young lady, but forgetting his son, he became a suitor for himself; and to obtain her, he offered

offered as much money for her (besides the settling a good jointure on her) as her father had promised to give with her to his son. This liberal offer so wrought on the lady's father, that with his persuasions, and menaces, he forced his daughter, unwilling to consent, to be married to the old man. But, as she was in a manner compelled to this unequal match, so she never lived contentedly with him; for her affections wandering after other men, she gave entertainment to a young gentleman of twenty-two years, whom she liked much better than her husband, as more suitable to her young years, and grew impatient for her husband's death, and therefore sought to cut that thread of life she was of opinion nature lengthened out too long; and to that end, having corrupted her waiting woman, and a groom belonging to the stable, she resolved, by their assistance, and that of her enamorado, to murder him in his bed, by strangling him; which resolution she executed only by her servants, as her lover failed her, recoiling at the dismal apprehension of so horrid a fact. Watching till her husband was asleep, she let in those assassins, and casting a long towel about his neck, she caused the groom to lie upon him, that he might not struggle, whilst she and her maid, by straining the towel, stopped his breath. The next thing was how to prevent discovery: and to that end, they carried him to another room, where a close-stool was placed, on which they set him; and when the maid and groom were both withdrawn, and the coast clear, she made such an hideous out-cry in the house, wringing her hands, and pulling off her hair, and weeping so extremely, that none suspected her; for she alledged, that missing him some time out of bed, she went to see what was the matter he staid so long, found him dead, sitting on his close-stool; which seeming very plausible, prevented all suspicions of his death. And being thus rid of her husband, she set a greater value upon her beauty, and quite shook off her former lover, perhaps because he had refused to be an actor in her husband's tragedy, and coming up to London, made the best market of her beauty that she could. But murder is a crime that seldom goes unpunished; in two years after, justice overtook her, and brought this horrid deed to light. The groom, one of the actors, being retained a servant

with the son and heir of the old murdered gentleman, for whom the lady was at first designed, with some other servants attending him to Coventry, his guilty conscience (he being in his cups) forced him to beg forgiveness of his master on his knees, for the murder of his father: And taking him aside, acquainted him with all the circumstances.

The gentleman, though struck with horror and amazement at the discovery of so vile a fact, yet gave the groom good words, but ordered his servants to have an eye upon him, that he might not escape when sober; and yet escape he did, for all their vigilance; and being got to the seaside, he attempted three times to put to sea, but was as often forced back by contrary winds; where being pursued and apprehended by his master, he was brought back a prisoner to Warwick, as was, soon after, the lady and her gentlewoman also, who were all justly executed for that horrid murder: The lady was burned on Wolvey heath, and the two servants suffered death at Warwick; leaving the world a sad example of the dismal consequences of dotting love, forced marriages, and unequal matches.

And though in many such like matches, the mischief does not run so high, as to break forth into adultery and murder, but the young lady, from a principle of virtue and the fear of God, curbs her natural inclinations, and preserves her chastity, yet even in this very case, her husband, conscious of the abatement of his youthful vigour, and his own weak imbecile performance of the conjugal rites, suspects his virtuous lady, and watches over her with Argus's eyes, making himself and her unhappy by his senseless jealousy; and though he happens to have children by her, (which may well be, having so good ground to improve on) yet he can scarcely think they are his own. His very sleep is disturbed with the dreams of cuckoldom and horns; nor dares he keep a pack of hounds, for fear Actæon's fate should follow him. These are a few of the sad effects of old men's dotage, and unequal matches.

But let us turn the tables now, and see if it be better on the other side, when a young spark of two and twenty marries a granum of threescore and ten, with a face more wrinkled than a piece of tripe. This, I am sure, is more unnatural: Here can be no increase, unless of gold, which
often.

oftentimes the old hag (for who can call her better) that marries a young boy to satisfy her lecherous itch, conveys away before her marriage, to her own relations, and leaves the expecting coxcomb nothing but repentance for his portion. Pocket expences she will perhaps allow him, and for those slender wages he is bound to do the basest drudgery. But, if he meets with money, (which was the only motive of the match, her gold being the greatest cordial at the wedding-feast) he does profusely squander it away, and riots in excess amongst his whores, hoping, ere long, his antiquated wife will take a voyage to another world, and leave him to his liberty; whilst the old grand-dame, finding her money wasted, and herself despised, is filled with those resentments that jealousy, envy, and neglected love can give, hoping each day to see him in his grave, though she has almost both feet in her own; thus they each day wish for each other's death, which, if it comes not quickly, they often help to hasten.

But these are still excrescences of marriage, and are the errors of the people marrying, and not the fault of marriage itself. For, let that be what God at first ordained, a nuptial of two hearts, as well as hands, whom equal years and mutual love has first united, before the parson join their hands; and such will tell you, that mortals can enjoy no greater happiness on this side of heaven.

C H A P. VIII.

Directions to both Sexes, how to manage themselves in the Act of Coition or venereal Embraces.

HAVING shewed in the former chapter the pleasures and advantages of marriage, I will now give some directions to the new-married persons how to manage themselves in the exercise of one of the greatest, most natural and agreeable pleasures thereof, and that is their nocturnal or venereal embraces; a pleasure peculiar to a married life, or at least it ought to be so; for it is not permitted to any besides. And let not any think it strange that we pretend to give directions to do what nature teacheth every one, since it is well known that nature has been assisted by art

in some of her most noble observations; besides, it is not the bare performing of that act that they are directed to, but the performing of it so that it may be efficacious for the production or generation of man, which our great master Aristotle designs in this his last legacy to the world. To which purpose, some things are to be observed previous to this act, and some things consequent upon it.

First, Things previous to it.

When married persons design to follow the propensions of nature for the production of fair images of themselves, let every thing that looks like care and business be banished from their thoughts, for all such things are enemies to Venus; and let their animal and vital spirits be powerfully exhilarated by some brisk and generous restoratives; and let them, to invigorate their fancies, survey the lovely beauties of each other, and bear the bright ideas of them in their minds. And some have thought it necessary, for the further heightening of their joys, for the brisk bridegroom to delineate the scene of their approaching happiness, unto the amorous bride, in some such heroical rapture as this:

*I will enjoy thee now, my fairest; come,
And fly with me to love's elizium:
Now my enfranchis'd hand on ev'ry side
Shall o'er thy naked pelish'd iv'ry slide.
Now, free as th' ambient air, I will behold
Thy braided snow, and thy unbraided gold.
No curtain now, tho' of transparent lawn,
Shall be before thy virgin treasure drawn.
Now thy rich mine, to my inquiring eye
Expos'd, shall ready for my mintage lie.
My rudder, with thy bold hand, like a try'd
And skilful pilot, thou shalt steer, and guide
My bark into Love's channel, where it shall
Dance, as the bounding waves do rise and fall,
And my tall pinnace in the Cyprian Streight
Shall ride at anchor, and unlade her freight.*

Having by these, and other amorous arts, which love can better dictate than my pen, wound up your fancies to the highest pitch and desire,

Perform

*Perform those rites which mighty Love requires,
And with each other quench your am'rous fires.*

But then, in the second place, when coition is over, some further directions are necessary; and therefore let the bridegroom take heed how he retreats too soon out of the field of love, lest he should thereby leave an entrance too open, and cold should strike into the womb. But, after he has given time for the matrix to close up, he may withdraw, and leave the bride unto her soft repose, which ought to be with all the calmness that the silent night, and a mind free from all disturbing care, can give, inclining her to rest on her right side, and not removing, without great occasion, till she has taken her first sleep. She also ought to have a great care of sneezing, and avoid coughing, if it is possible, or any other thing that causes a too violent emotion of body: Neither should these amorous engagements be too often reiterated, till the conception be confirmed; and even then the bridegroom should remember, that it is a market that lasts all the year, and so should have a care of spending his stock too lavishly. Nor would his bride like him at all the worse for it; for women rather chuse to have a thing well done, than to have it often; and well and often too can never hold out.

C H A P. IX.

The Midwives Vade-Mecum; containing particular Directions for Midwives, Nurses, &c.

THOSE that take upon them the office of a Midwife, ought to take care to fit themselves for that employment, with the knowledge of those things that are necessary for the faithful discharge thereof. And such persons ought to be out of the middle age, neither too young nor too old; and of a good habit of body, not subject to diseases, fears, or sudden frights; nor are the qualifications assigned to a good surgeon improper for a midwife, viz. a lady's hand, a hawk's eye, and a lyon's heart; to which may be added activity of body, and a convenient strength, with caution and diligence, not subject to drowsiness, nor apt to be impatient. She ought also to be sober, affable,

courteous, chaste; not covetous, or subject to passion, but bountiful and compassionate. And, above all, she ought to be qualified as Egyptian midwives of old, that is, to have the fear of God, which is the principal thing in every state and condition; and will furnish her in all occasions both with knowledge and discretion.

When the time of birth draws near, and the good woman finds her travailing pains begin to come upon her, let her send for her midwife in time; better too soon than too late, and get those things ready which are proper upon such occasions. When the midwife comes, let her first find whether the true time of her birth be come, for the want of observing this hath spoiled many a child, and endangered the life of the mother; or at least put her to twice as much pain as needed. For unskilful midwives nor minding this, have given things to force down the child, and thereby disturbing the natural course of her labour; whereas nature works best in her own time and way. I do confess, it is somewhat difficult to know the true time of some women's labour, they being troubled with pains so long before their true labour comes, in some weeks before; the reason of which I conceive to be the heat of their reins, and this may be known by the swelling of their legs; and therefore when women with child find their legs to swell much, they may be assured that their reins are too hot. For the cure whereof, let them cool the reins before the time of their labour with oil of poppies, and oil of violets, or water-lillies, by anointing the reins of their back with them; for such women whose reins are over-hot have usually hard labour. But in this case, above all the remedies that I know, I prefer the decoction of plantain-leaves and roots; you may make a strong decoction of them in water, and then having strained and clarified it with the white of an egg, boil it into a syrup with its equal weight of sugar, and keep it for your use.

There are two skins that compass the child in the womb, the one is the amnios, and this is the inner skin; the other is the allantois, and this is the skin that holds the urine of the child during the time that it abides in the womb: both those skins, by the violent stirring of the child near the time of the birth, are broken; and then the urine and sweat

sweat of the child contained in them fall down to the neck of the womb; and this is that which the midwives call the water, and is an infallible sign that the birth is near; for the child is no longer able to subsist in the womb, when those skins are broken, than a naked man is in the cold air. These waters, if the child comes presently after them, facilitate the labour, by making the passage slippery; and therefore the midwife must have a care that she force not the water away, for nature knows better the true time of the birth than she, and usually retains the water till that time.

Several Medicines to cause speedy Delivery.

A Loadstone held in her left-hand. Take wild tansey and bruise it, and apply it to the woman's nostrils. Take date-stones, and beat them to powder, and let her take half a dram of them in white wine at a time.

Take parsley, bruise it, and press out the juice, and put it up, being so dipped, into the mouth of the womb, and it will presently cause the child to come away, tho' it be dead, and the after-burden also; besides, it cleanseth the womb, and also the child in the womb, of all gross humours.

Let no midwife ever force away a child, unless they are sure it is dead. I once was where a woman was in labour, which being very hard, her midwife sent for another midwife to assist her, which midwife sending the first down stairs, and designing to have the honour of delivering the woman herself, forced away the body of the child, and left the head behind, of which the woman was forced afterwards to be delivered by a man-midwife.

After the child is born, great care is to be taken by the midwives in cutting the navel-string, which, tho' by some is accounted but a trifle, yet it requires none of the least skill of a midwife to do it with that prudence and judgment that it ought. And that it may be done so, you must consider as soon as the child is freed from its mother, whether it be weak or strong. (for both the vital and natural spirits are communicated by the mother to the child by the navel-string) if the child be weak, put back gently part of the vital and natural blood in the body of the child by its navel, for that recruits a weak child; but, if the child be strong, you may forbear.

As to the manner of the cutting the child's navel-string, let the ligature or binding be very strong, and be sure do not cut it off very near the binding, lest the binding unloose. You need not fear to bind the navel-string very hard, because it is void of sense, and the part of the navel-string which you leave on, falls of its own accord in a few days; the whole course of nature being now changed in the child, it having another way ordained to nourish it. It is no matter with what instrument you cut it off, so it be but sharp, and you do it cleverly. The piece of the navel-string that falls off, be sure you keep it from touching the ground; remember what I have before told you. And if you keep it by you it may be of use. The navel string being cut off, apply a little cotton or lint to the place to keep it warm, lest the cold enters into the body of the child, which it will be apt to do if it be not bound hard enough.

The next thing to be done, is to bring away the after-birth or secundine, else it will be very dangerous for the woman. But this must be done by gentle means, and without any delays, for in this case especially delays are dangerous; and whatever I have set down before, as good to cause speedy delivery, and bring away the birth, is good also to bring away the after-birth.

And after the birth and after-birth are brought away, if the woman's body be very weak, keep her not too hot; for extremity of heat weakens nature, and dissolves the strength; but whether she be weak or strong, let no cold air come near her at first; for cold is an enemy to the spermatic parts. If cold gets into the womb, it increases the after-pains, causes swellings in the womb, and hurts the nerves.

If what I have written be carefully observed among midwives, and such nurses as keep women in their lying-in, by God's blessing, the child-bed women may do very well, and both midwife and nurse gain credit and reputation.

For though these directions may in some things thwart the common practice, yet they are grounded upon experience, and will infallibly answer the end.

But there are several accidents that lying-in women are subject unto, which must be provided against, and these I shall speak to next.

The first I shall mention are the after-pains, about the
cause

cause of which authors very much differ, some think they are caused by the thinness, some by the thickness, some by the sliminess, and some by the sharpness of the blood; but my own opinion is, it proceeds from cold and water. But whatever the cause may be, the observing of my foregoing directions will very much abate them, if not quite take them away. But if in case they do happen, boil an egg, and pour out the yolk of it, with which mix a spoonful of cinnamon-water, and let her drink of it; and if you mix two grains of ambergrease with it, it will be the better.

The second accident lying-in women are subject to, is excoriations in the lower part of the womb. To help this, use oil of sweet almonds, or rather oil of St John's wort, with which anoint the part.

Another accident is, that sometimes through very hard labour, and great straining to bring the child into the world, the lying-in woman comes to be troubled with the hemorrhoids or piles; to cure this, let her use polypodium bruised and boiled in her meats and drinks.

A fourth thing that often follows, is the retention of the menses; this is very dangerous, and, if not remedied, proves mortal.

But for this, let her take such medicines as strongly provoke the terms; and such are piony roots, dittany, juniper-berries, betony, centaury, savory, penny-royal, sage, featherfew.

The last thing I shall mention, is, the overflowing of the menses. This happens not so oft as the foregoing, but yet sometimes it does, and in such cases take shepherd's purse, either boiled in any convenient liquor, or dried and beaten to powder, and you will find it very good to stop them.

Having thus finished my Vade-mecum for Midwives, before I conclude, I will add something of the choice and qualifications of a good nurse, that those who have occasion for them may know how to order themselves for the good of their children which they nurse.

First then, if you would chuse a good nurse, chuse one of a sanguine complexion, not only because that complexion is generally accounted best, but also because all children in their minority have their complexion predominant. And that

that you may know such a woman, take the following description of her.

Her stature of the middle size, her body fleshy, but not fat, and of a merry, pleasant and chearful countenance; a fresh ruddy colour, and her skin so very clear, that you may see her veins through it. She is one that loves company, and never cares to be alone; never given to anger, but mightily to playing and singing; and which makes her the fittest person for a nurse, she very much delights in children. In chusing such a one, you can hardly do amiss; only let me give you this caution, if you cannot get one exactly of this description, which you will find very difficult, get one as near as you can to it. And let these rules further guide you in your choice.

1. Let her age be between 20 and 30, for then she's in her prime.

2. Let her be in health, for her sickness infects her milk, and her milk the child.

3. Let her be a prudent woman, for such a one will be careful of the child.

4. Let her not be too poor, for, if she wants, the child must want too.

5. Let her be well bred, for ill-bred nurses corrupt good nature.

6. If it be a boy that is to be nursed, let the nurse be such a one whose last child was a boy, and so it will be the more agreeable; but if it be a girl, let the nurse be one whose last child was a girl.

7. If the nurse has a husband, see that he be a good likely man, and not given to debauchery, for that may have an influence upon the child.

8. In the last place, let the nurse take care she be not with child herself; for if so, she must of necessity either spoil her own child, or your's, or perhaps both.

To a nurse thus qualified, you may put your child without danger.

And let such a nurse take the following directions, for the better governing and ordering herself in that station.

Directions for Nurses.

1. **L**ET her use her body to exercise; if she hath nothing else to do, let her exercise herself by dancing the child;

child; for moderate exercise causeth good digestion; and I am sure good blood must needs make good milk; and good milk cannot fail of making a thriving child.

2. Let her live in good air; there is no one thing more material than this. The want of this makes so many children die in London; and even those few that live, are none of the wisest; for gross and thick air makes unweildy bodies, and dull wit; and let none wonder at this, for the operation of the air to the body of man is as great as meat and drink, for it helps to engender the vital and animal spirits; and this is the cause of sickness and health, of life and death.

3. Let her be careful of her diet, and avoid all salt meats, garlick, leeks, onions, and mustard, excessive drinking of wine, strong beer or ale, for they trouble the child's body with choler; cheese both new and old afflicts it with melancholy, and all fish with phlegm.

4. Let her never deny herself sleep when she is sleepy, for by that means she will be more wakeful when the child cries.

Let her avoid all disquiets of minds, anger, vexation, sorrow and grief, for these things very much disorder a woman, and therefore must needs be hurtful to the milk.

If the nurse's milk happen to be corrupted by any accident, as sometimes it may be, by being either too hot or too cold, in such cases let her diet be good, and let her observe the cautions already given her. If her milk be too hot, let her cool it with endive, succory, lettuce, sorrel, purslain, and plantain; if it be too cold, let her use beverage, vervain, bugloss, mother of thyme, and cinnamon; and let her observe this general rule, whatsoever strengthens the child in the womb, the same attends the milk.

If the nurse wants milk, the thistle commonly called our lady-thistle is excellent for her breeding of milk; there being few things growing (if any) that breed more and better milk than that doth; also, the hoof of the forefeet of the cow, dried and beaten to powder, and a dram of the powder taken every morning in any convenient liquor, increases milk.

Remedies for increasing of Milk.

If a nurse be given to much treading, it makes her lean, and hinders digestion, and she can never have store of milk,

milk, nor what she has be good. Bad meats and drinks also hinder the increase of milk, and therefore ought to be foreborne; and therefore women that would increase their milk should eat good meat (that is, if they can get it) and let her drink milk wherein fennel seed hath been steeped. Let her drink barley-water, burrage and spinage; also goats milk, cows-milk, and lamb sodden with verjuice; let her also comfort the stomach with confection of anniseed, carraway and cummin-seeds, and also use those seeds sodden in water; also take barley-water, and boil therein green-fennel and dill, and sweeten it with sugar, and drink it at your pleasure.

Hot fomentations open the breasts, and attach the blood, as the decoction of fennel, smallage, or stampd mint applied. Or,

Take fennel and parsley green, each a handful, boil and stamp them, and barley-meal half an ounce, gith-seed a dram, storax, calamint two drams, oil of lillies two ounces, and make a poultice.

Lastly, Take half an ounce of deer's suet, and as much parsley roots, with the herbs, an ounce and an half of barley-meal, three drams of red storax, and three ounces of oil of sweet almonds; boil the root and herbs well, and heat them to pap, and then mingle the other amongst them, and put it warm to the nipples, and it will increase the milk.

And thus, courteous Reader, I have at length finished what I designed, and promised, and can truly affirm, that thou hast here those Receipts, Remedies, and Directions given unto thee, with respect to Child-bearing Women, Midwives, and Nurses, that are worth their weight in gold, and will assuredly, with the blessing of God, answer the end, whensoever thou hast occasion to make use of them, they being not things taken on trust from tradition or hearsay, but the result and dictates of sound reason and long experience.



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